

0630.5
C293


Carolina country



1000-66522 ON TILL NC 27599-0001
WILSON LIBRARY CB 3930
READING RM NC COLLECTION

#0440222935400000#
#BXNGZPW *****AUTO**3-DIGIT 275
9 38



Your Touchstone Energy® Cooperative 

Your Favorite Photos

ALSO INSIDE:

Broadband for the country

Burke County adventures

SAVE When You Grow A Zoysia Lawn From Plugs!

From Plugs

To A Fabulous Lawn



Zoysia Lawns are thick, dense and lush!

GRASS SEED WILL NEVER GROW A LAWN LIKE THIS!

Save Water! Save Time! Save Work! Save Money!

Grass Seed Is For The Birds!

Stop wasting money, time and work sowing new grass seed each spring, only to see birds eat the seed – or rain wash it away – before it can root. Plant a genuine Amazoy™ Zoysia lawn from our living Plugs only once... and never plant a new lawn again!



Zoysia thrives in partial shade to full sun!

Zoysia Grows Where Other Grass Doesn't!

Zoysia is the perfect choice for hard-to-cover spots, areas that are play-worn or have partial shade, and for stopping erosion on slopes. North, South, East, West – Zoysia will grow in *any* soil, no ifs, ands or buts!

Each Zoysia Plug You Plant In Your Soil Is **GUARANTEED TO GROW** Within 45 Days Or We'll Replace It FREE!

To ensure best results, we ship you living sheets of genuine Amazoy™ Zoysia Grass, harvested direct from our farms. Plugs are not cut all the way through. Before planting, simply finish the separation by cutting 1"-sq. Plugs with shears or knife. Then follow the included easy instructions to plant Plugs into small plug holes about a foot apart. Our guarantee and planting method are your assurance of lawn success backed by more than 5 decades of specialized lawn experience.

Eliminates Endless Weeds And Weeding!

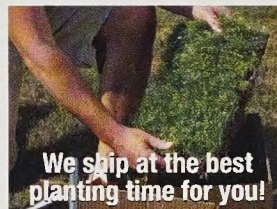
No more pulling out weeds by hand or weeds sprouting up all over your lawn. Zoysia Plugs spread into a dense, plush, deep-rooted, established lawn that drives out unwanted growth and stops crab-grass and summer weeds from germinating.

Environmentally Friendly, No Chemicals Needed!

No weeding means no chemicals. You'll never have to spray poisonous pesticides and weed killers again! Zoysia lawns are safer for the environment, as well as for family and pets!

Cuts Watering & Mowing By As Much As 2/3!

Many established Zoysia lawns only need to be mowed once or twice a season. Watering is rarely, if ever, needed – even in summer!



We ship at the best planting time for you!

Meyer Zoysia Grass was perfected by the U.S. Gov't, released in cooperation with the U.S. Golf Association as a superior grass.

Stays Green In Summer Through Heat & Drought!

When ordinary lawns brown up in summer heat and drought, your Zoysia lawn stays green and beautiful. The hotter it gets, the better it grows. *Zoysia thrives in blistering heat (120°)*, yet it won't winter-kill to 30° below zero. It only goes off its green color after killing frosts, but color returns with consistent spring warmth. Zoysia is the perfect choice for water restrictions and drought areas!

Our Customers Love Their Zoysia Lawns!

One of our typical customers, Mrs. M.R. Mitter of PA, wrote how "I've never watered it, only when I put the Plugs in... Last summer we had it mowed 2 times... When everybody's lawns here are brown from drought, ours just stays as green as ever!"

Order Now And Save!

The more Amazoy™ Zoysia Plugs you order, the more you SAVE! And remember, once your Zoysia lawn is established, you'll have an endless supply of new Plugs for planting wherever you need them. Order now!

FREE! PLANTING TOOL

With Order of 400 Plugs or More!

Saves time, work and effort when making holes for Plugs!

©2011 Zoysia Farm Nurseries, 3617 Old Toneytown Rd, Toneytown, MD 21787

www.ZoysiaFarms.com/mag

Order Your ZOYSIA Plugs Now — Harvested Daily From Our Farms And Shipped To You Direct!

ZOYSIA GRASS SUPER SALE — SAVE OVER 50%! Get Up To 900 Plugs — FREE!

Please send me guaranteed Amazoy as checked.

# PLUGS	+ FREE Plugs	FREE Bonus	Retail Value	Your PRICE	+ Shipping	SAVINGS
<input type="checkbox"/> 100	—	—	\$ 8.95	\$ 8.95	\$ 5.00	—
<input type="checkbox"/> 200	+ 100	—	\$ 26.85	\$ 17.90	\$ 5.00	30%
<input type="checkbox"/> 400	+ 200	Free Step-on Plugger	\$ 62.65	\$ 35.80	\$ 7.50	40%
<input type="checkbox"/> 500	+ 300	Free Step-on Plugger	\$ 80.55	\$ 44.75	\$ 10.00	42%
<input type="checkbox"/> 600	+ 400	Free Step-on Plugger	\$ 98.45	\$ 53.70	\$ 12.50	44%
<input type="checkbox"/> 900	+ 700	Free Amazoy Power Auger	\$ 168.15	\$ 80.55	\$ 15.00	50%
<input type="checkbox"/> 1000	+ 900	Free Amazoy Power Auger	\$ 195.00	\$ 89.50	\$ 17.50	54%
<input type="checkbox"/> Extra Step-on Plugger \$8.95 + \$3 Shipping <input type="checkbox"/> Extra Amazoy Power Auger™ for 3/8" Drill \$24.95 + \$5 Shipping						

Mail to: ZOYSIA FARM NURSERIES
3617 Old Toneytown Road, Toneytown, MD 21787

Dept. 5642

Write price of order here \$ _____

Md. residents add 6% tax \$ _____

Shipping \$ _____

ENCLOSED TOTAL \$ _____

Payment method (check one)

☐ Check ☐ MO

☐ MasterCard

☐ Visa

Card # _____ Exp. Date _____

Name _____

Address _____

City _____ State _____

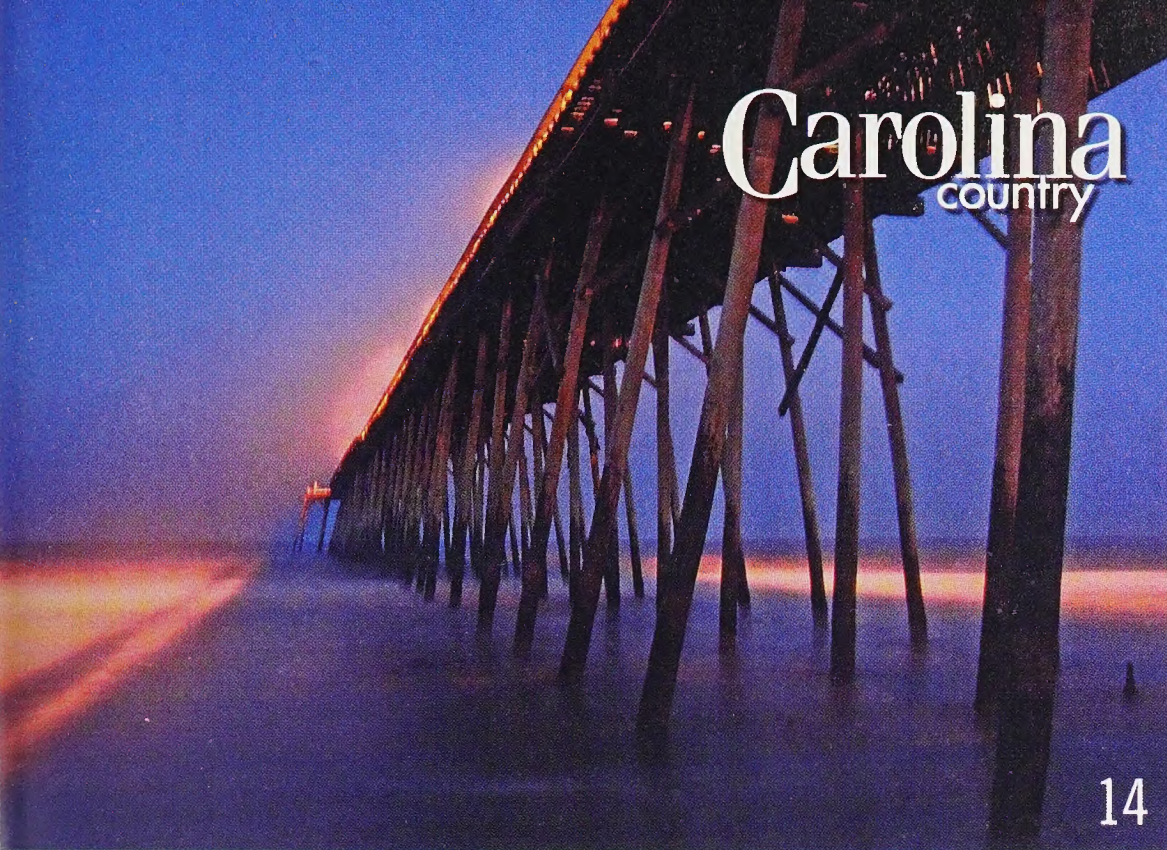
Zip _____ Phone _____

We ship all orders the same day plugs are packed at earliest correct planting time in your area.

Amazoy is the trademark registered U.S. Patent Office for our Meyer Zoysia grass.

Order Now! www.ZoysiaFarms.com/mag

Not shipped outside the USA or into WA or OR



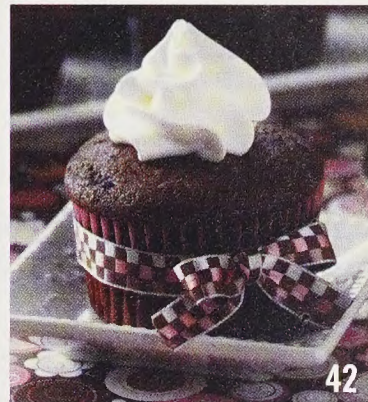
14

Calm Before the Storm

Rebecca Yarbrough of Mocksville, a member of EnergyUnited, took this shot of the Kure Beach Pier before Hurricane Earl brushed the coast of NC last August.

FEATURES

- 11 **The Final Mile**
Cooperatives and nonprofit services are bringing fast, reliable Internet service to the countryside.
- 14 **Carolina Country Scenes**
A gallery of your favorite photos.
- 28 **The Blizzard of 1960**
And other things you remember.



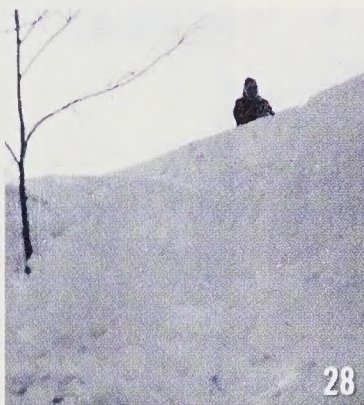
42

FAVORITES

- 4 **First Person**
Working a whiteout.
- 8 **More Power to You**
Efficiency fixes for outbuildings.
- 26 **Where Is This?**
Somewhere in Carolina country.
- 30 **Carolina Country Store**
Butter Rich Cookies & Rufflebutts.
- 32 **Tar Heel Lessons**
Getting to know Bob Timberlake.
- 33 **Marketplace**
A showcase of goods and services.
- 34 **Joyner's Corner**
Numerology.
- 36 **Carolina Compass**
Adventures in Morganton and Valdese.
- 38 **Energy Cents**
Inspect your ductwork.
- 40 **On the House**
Setting your heat pump's thermostat.
- 41 **Classified Ads**
- 42 **Carolina Kitchen**
Honey Bun Cake, Truffle Chocolate Cupcakes, Chicken Saltimbocca, Spinach Supreme.

ON THE COVER

"Goldenrod in the Shining Rock," by Alan Ostmann, a member of Haywood EMC who lives in Candler. "I had hiked up to the Black Balsam mountaintop in the Shining Rock Wilderness Area off the Blue Ridge Parkway on a beautiful evening in late September. Hiking back down, I came across an open area with a load of goldenrod. I adjusted my camera settings to flash on the rods while keeping the sunset colors in their natural state." See a gallery of your favorite photos on pages 14-19.



28

Carolina country

(ISSN 0008-6746) (USPS 832800)

Read monthly in more than 650,000 homes

Published monthly by North Carolina
Association of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperative

3400 Sumner Blvd.
Raleigh, NC 27616
www.carolinacountry.com

Editor

Michael E.C. Gery, (919) 875-3062

Senior Associate Editor

Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor

Karen Olson House, (919) 875-3036

Creative Director

Tara Verna, (919) 875-3134

Senior Graphic Designer

Warren Kessler, (919) 875-3090

Graphic Designer

Linda Van de Zande, (919) 875-3110

Publication Business Specialist

Jenny Lloyd, (919) 875-3091

Advertising

Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO

Rick Thomas

Senior Vice President, Corporate Relations

Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.



Member, Audit Bureau of Circulations

Advertising published in Carolina Country is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. The magazine, North Carolina Association of Electric Cooperatives, Inc., and the member cooperatives do not necessarily endorse the products or services advertised. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. Should you encounter advertising that does not comply with these standards, please inform Carolina Country at P.O. Box 27306, Raleigh, NC 27611. (919) 875-3062.



Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

POSTMASTER: Send address changes Form 3579 to Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, \$10 per year. \$20 outside U.S.A. Schools, libraries, \$6.

HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

All content © Carolina Country unless otherwise indicated.



Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Working a whiteout



By Michael E.C. Gery

When he retired in 2004, Charles Tolley had worked nearly 30 years as general manager of French Broad EMC, the electric cooperative that serves 35,000 members in some of the state's most rugged mountains and woodlands: Madison, Yancey and Mitchell counties, and parts of Buncombe County, N.C. and Unicoi and Cocke counties in Tennessee.

The mountain electric cooperatives turn out some of the toughest, most dedicated, most ingenious employees you can get. Charles Tolley was one of them. After five years at Clemson, where he played football every season, and a tour as an Army officer in Vietnam, Charles Tolley was a smart and tough engineer even before he signed on at French Broad EMC.

When I talked with him just before he retired, he told some stories to match the best that routinely come out of cooperatives. Nearly all of them concern members who take their electric power and their cooperative very seriously. They let you know soon enough that they own their co-op, they expect you to work for them, and they appreciate it heartily when you do.



The Charles Tolley stories about working in snow and ice, however, did not make it into Carolina Country. So I will set down one here. Keep in mind that throughout his 30-year career, Tolley worked outside with his crews during every single major power outage. That's the kind of manager he was.

About 10 p.m. the night the "Blizzard of the Century" came into western North Carolina in March 1993, Charles Tolley was playing poker with some friends when he got a call that the electric distribution system was going down. He left, put on his gear and worked the next two weeks with his line crews.

At home, his wife and daughter burned wood to keep warm, and most of it that late in the season was green. They called Charles about when he could get crews to the house. He told them to wait their turn, like everyone else, and meantime to use the new wood wallboard he was installing as kindling to get the green firewood going. Then he went back out with the crews.

One morning about 4 a.m. their service truck got stuck in snow a mile and a half off the main road. The sever-

men tried digging it out. "At one point I looked up to the truck, and all I could see was the ladder rack," Charles recalled. "The wind was blowing snow off a bank and covering the truck. I figured we had to get out of there."

They called for the truck to come get them and began


walking toward the main road. In some places, they walked in chest-deep snow. Snow swirled around them so they couldn't see anything in any direction. "We'd walk a hundred paces in one direction, then go back another way. Anywhere we'd shine the light, all we saw was white. That's when I learned what a whiteout is."

Eventually a pick-up fetched them and they headed down the road that runs along the French Broad River toward Marshall—nine miles to the co-op office. It took them 6½ hours to get there. They cut through 141 trees that had fallen across the road. They reached the office, refueled and went back out.

Soon they got a substation's main feeder back on and headed out to begin working the tap lines. Charles realized that an 82-year-old lady lived alone in this area and saw that her tap line was down. He asked the crew first to fix the line and get that lady's power on. It took about 40 minutes. When they finished, Charles checked in on the woman.

"She opened the door and looked me over and thanked us. She said, 'Young man, I know you've got a lot of people without power, but y'all are going to have breakfast with me before y'all go back out.' It must have been 90 degrees in there. She had a wood cook-stove going and made up biscuits with gravy and sausage, bacon, eggs, home-made jelly. I told her 'You're in a whole lot better shape than we are!'"

Charles Tolley knew that co-op employees "truly love serving our members. And people can tell that." He said, "We have meter readers who go up into these hollers, and they might be the only person who's come up there in a few days. Members leave them a piece of pie, a sausage biscuit. And our people check in on the ones they know would appreciate it."

It's that kind of personal, even-handed and thorough service that keeps cooperatives strong. As Charles Tolley said, "Co-ops will last as long as members maintain confidence that we are here to serve their needs. We must treat members like people, not numbers." 

Study the manuals

I guess it's only fair to give the Vent-Free Gas Products Alliance a chance to voice their opinion on vent-free appliances ["Energy Cents," January 2011], but consumers need to read very carefully the user manuals and other instructions included with their purchase of any such appliance. Another good option is to go on the Internet and pull down the pros and cons of owning vent-free gas logs. Any product that advises the user to "crack a window when in use" or that the product has an automatic shut-off when too much carbon monoxide is detected, certainly tips me off that something's not quite kosher.

Philip H. Johnson, Siler City, Central EMC

For any soldier

We live on High Rock Lake and our electricity comes from EnergyUnited. We thoroughly enjoy the magazine.

In 2009, you published a small article about the Anysoldier.com program, suggesting that people send boxes including Beanie Babies for children in the regions where our U.S. soldiers are serving.

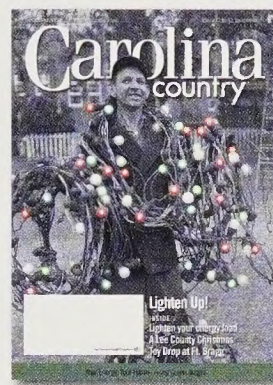
I liked the format of soldiers agreeing to receive boxes to share with others in need. Since August 2009, my husband and I have tried to send two boxes per week to various Anysoldier recipients, and we have received such heart-warming notes of thanks, including messages like "You remind us of why we're here" and "You should see their faces when I open the packages and let them dig in" and "It means a lot to know we are not forgotten."

PG Readers Book Club from Pleasant Grove UMC, Thomasville, and other friends and family members contribute items to add to the boxes. Our three oldest grandchildren like to write notes and color pictures to include.

Thank you very much for bringing the Anysoldier program to our attention. It has been our joy to send 128 boxes so far, and we look forward to sharing more with our wonderful men and women in our U.S. armed forces.

Ann Parker & Rev. B. Joe Parker, Thomasville, EnergyUnited

Remembering Arthur Sandlin



I recently learned that my father, Arthur Sandlin, was on the cover of the December issue (the guy wrapped in lights). He worked for the city of

Wilmington for many years and was responsible for putting lights on the big Christmas tree located near the water plant. I have never seen the Hugh Morton picture you published. My father died in 1970 and would have been 100 years old this year. The picture brought back many happy memories of Christmases past.

Susan DiSarno, Laurinburg

Remembering Pearl Harbor

I will be 84 years old in June 2011. It has been a long time since the Japanese bombed Pearl Harbor, but I remember what I was doing on that December 7, 1941. I was riding my 6-year-old brother on our bicycle. My aunt came out of her house screaming, "The Japanese have bombed Pearl Harbor!" She scared me so badly that I dropped the bike and my brother. We ran home to find out what was wrong. My Mom said, "The Japanese have bombed Pearl Harbor, which means America is now at war."

Betty Bollinger, Stanley, Rutherford EMC

Contact us


Website: www.carolinacountry.com

E-mail: editor@carolinacountry.com

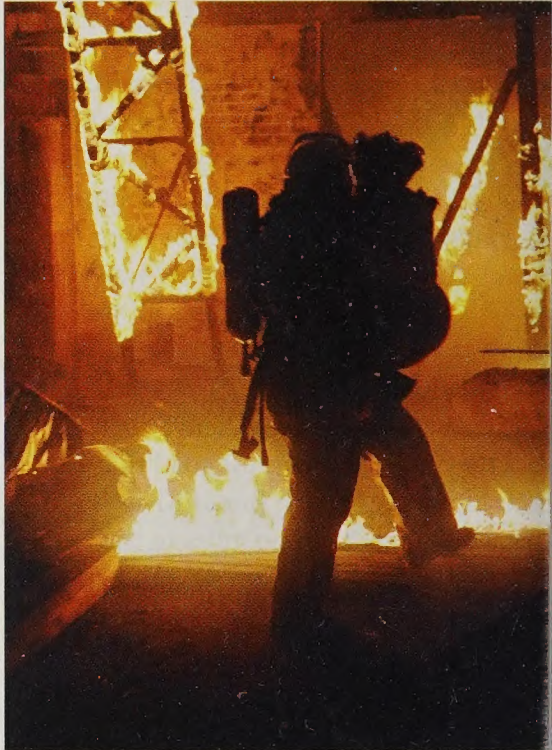
Phone: (919) 875-3062

Fax: (919) 878-3970

Mail: 3400 Sumner Blvd.
Raleigh, NC 27616

 Find us on facebook at www.carolinacountry.com/facebook

Thanks to those who care about the North Carolina Jaycee Burn Center



North Carolina's Touchstone Energy cooperatives hosted a golf tournament fundraiser in September 2010 and raised more than \$105,000 for the North Carolina Jaycee Burn Center and its Burn Prevention programs. The cooperatives have donated more than \$800,000 to the Burn Center's fire prevention and educational programs over the past decade.

The Burn Center's programs seek to garner awareness about burn prevention and burn management and targets audiences such as emergency care personnel, fire departments, youth and senior citizens. Educational programs are delivered free of charge across the state. The Burn Center's outreach staff works to pass legislative initiatives to promote fire and burn safety and distributes safety tips to citizens statewide. With help from the electric cooperatives, the Burn Center is updating its facilities and expanding its services.

"North Carolina's electric cooperatives, our vendors and partners are pleased to support the Burn Center in reaching its goals of reducing the number of burns in our state through expanded burn prevention programs and, when a burn occurs, to provide the best possible care," said tournament chair Dale Lambert, EVP of Randolph EMC, Asheboro.

Listed here are the major donors to this fundraiser supporting burn prevention. The cooperatives are grateful to the other organizations and individuals who contributed to the success of this fundraiser.



GOLD SPONSORS

CFC CoBank Duke Energy Carolinas	Lee Electrical Construction, Inc. NCEMC Pike Electric, Inc.	Progress Energy South Carolina Electric & Gas Company
---	--	---

SILVER SPONSORS

ACES Power Marketing Albemarle EMC Blue Ridge EMC Booth & Associates, Inc. Brunswick EMC Central EMC Edgecombe-Martin County ElectriCities of NC, Inc. EnergyUnited ERMCO	French Broad EMC Halifax EMC Hubbell Power Systems Jones-Onslow EMC NRTC National Transformer Sales, Inc. Pee Dee EMC Piedmont EMC PowerServices, Inc.	Pratt & Whitney Power Systems Randolph EMC Roanoke EC Sandhills Utility Services, LLC South River EMC Sumter Utilities, Inc. Tri-County EMC Union Power Wake EMC
--	---	--

BRONZE SPONSORS

Aclara Atlantic Wood Industries, Inc. Business Information Systems Carolina Dielectric Co. Carteret-Craven EC Electrical Consulting Engineers, Inc. Federated Rural Electric Insurance	Exchange Four County EMC Haywood EMC HD Supply Utilities Lewis Advertising Lumbee River EMC MCA Architecture	Milsoft Utility Solutions, Inc. Osmose Utilities Services, Inc. Rutherford EMC Southwire Company Substation Engineering & Design Corp. The Okonite Company Tideland EMC
---	--	--

INDIVIDUAL SPONSORS

Advanced Energy Altec Industries, Inc. American Safety Utility Corp. Asplundh Tree Expert Co Mark Bartholomew Bellwether Mgmt Solutions, LLC Cape Hatteras EC	Cooper Power Systems Design South Professionals, Inc. Ensales, Inc. Enerco Energy Services General Cable Lekson Associates, Inc. Lewis Tree Service, Inc.	MAP Enterprises, Inc MasTec Energy Service McCall-Thomas Engineering Co., Inc McGavran Engineering, Inc Microcell Pitt & Greene EMC R. W. Chapman Co	Southeastern Data Cooperative Surry-Yadkin EMC Terex Utilities Chuck Terrill TSE Services & GreenCo TEMA
--	--	---	---



**2 carats of
Genuine
Tanzanite
Save near \$700!**

**Limited
Availability**
Less Than
~~400~~ 290
Ounces
of Tanzanite
Remain in
This Special
Purchase.

African Gem Cutter Makes \$2,689,000 Mistake...Will You?

This story breaks my heart every time. Allegedly, just two years after the discovery of tanzanite in 1967, a Maasai tribesman knocked on the door of a gem cutter's office in Nairobi. The Maasai had brought along an enormous chunk of tanzanite and he was looking to sell. His asking price? Fifty dollars. But the gem cutter was suspicious and assumed that a stone so large could only be glass. The cutter told the tribesman, no thanks, and sent him on his way. Huge mistake. It turns out that the gem was genuine and would have easily dwarfed the world's largest cut tanzanite at the time. Based on common pricing, that "chunk" could have been worth close to \$3,000,000!

The tanzanite gem cutter missed his chance to hit the jeweler's jackpot...and make history. Would you have made the same mistake then? Will you make it today?

In the decades since its discovery, tanzanite has become one of the world's most coveted gemstones.

Found in only one remote place on Earth (in Tanzania's Merelani Hills, in the shadow of Mount Kilimanjaro), the precious purple stone is 1,000 times rarer than diamonds. Luxury retailers have been quick to sound the alarm, warning that supplies of tanzanite will not last forever. And in this case, they're right. Once the last purple gem is pulled from the Earth, that's it. No more tanzanite. Most believe that we only have a few years supply left, which is why it's so amazing for us to offer this incredible price break. Some retailers along Fifth Avenue are more than happy to charge you outrageous prices for this rarity. Not Stauer. Staying true to our contrarian nature, we've decided to *lower the price of one of the world's rarest and most popular gemstones.*

Our 2-Carat *Sunburst Tanzanite Ring* features marquise-cut gems set dramatically in gorgeous sterling silver. Each facet sparkles with the distinct violet-blue hue of the precious stones. Behind the shine you'll find that the exquisite silverwork of the setting calls to mind the detailed treasures being produced by Europe's finest jewelers. This is a ring designed to impress and it does not disappoint.

Now is the point where opportunity knocks. If you open that door today, you can own this spectacular ring for less than \$100. If you wait? We can't say for sure.

Your satisfaction is completely guaranteed. For our client-friendly approach, Stauer has earned a rare A+ rating from the Better Business Bureau, a rating we wish to keep. So, of course, your satisfaction is 100% guaranteed. If you are not completely aglow with the *Sunburst Tanzanite Ring*, send it back within 30 days for a prompt and courteous refund. But, please don't wait, our supply is dropping rapidly.

JEWELRY SPECS:

– 2 ctw genuine tanzanite – .925 sterling silver setting – Ring sizes 5–10

Sunburst Genuine Tanzanite Ring (2 ctw)—~~\$795~~

Now \$99 +S&P Save \$696

Call now to take advantage of this limited offer.

1-888-201-7112

Promotional Code TZR306-02

Please mention this code when you call.



ACCREDITED
BUSINESS

**Stauer has a Better Business
Bureau Rating of A+**

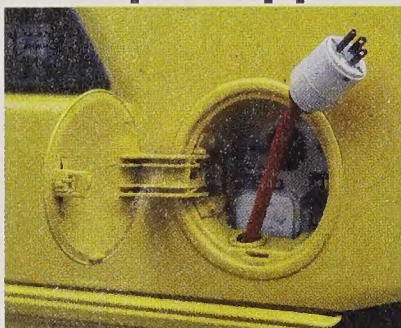
Stauer®

14101 Southcross Drive W., Dept. TZR306-02
Burnsville, Minnesota 55337

stauer.com

—Smart Luxuries—Surprising Prices—

Co-ops support the electric drive



The North Carolina Association of Electric Cooperatives recently joined the Electric Drive Transportation Association (EDTA), the premiere trade association for electric vehicles. The EDTA since 1989 has been involved in gaining support for electric drive research, demonstration and manufacturing.

Consumers may visit the EDTA website to learn all about electric vehicles at www.goelectricdrive.com.

Economic downturn affects power use

For a quarter-century America's electricity consumption climbed steadily, making it fairly easy to forecast and plan for power needs 10, 20 or even 30 years down the road. That changed in December of 2007 with the first signs of a recession.

As the nation's economy slowed, electricity sales dropped 0.8 percent in 2008 and another 4.2 percent in 2009—the greatest single decline in six decades. Commercial and industrial use was the hardest hit. According to the U.S. Energy Information Administration, net power generation nationwide in 2009 sank below 2004 levels. Electric co-ops primarily serve residential members so the downward trend wasn't as severe, but it was still apparent.

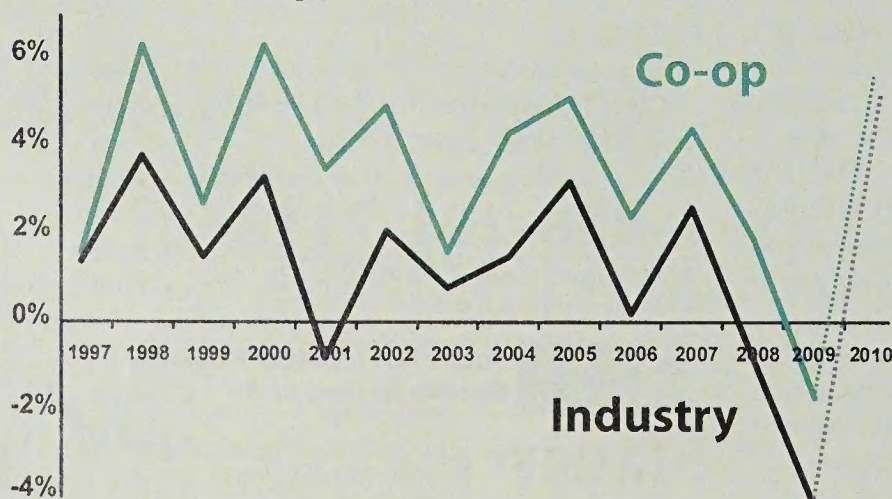
"With the economic recession affecting electricity demand, forecasts of future demand have resulted in greater uncertainty for both short- and long-term planning horizons," states a 2010 report from the North American Electric Reliability Corporation, an organization charged with overseeing reliability of the U.S. electric grid.

Further illustrating uncertainty, EIA released two different forecasts for the next 25 years hinging on the nation's economic growth—predictions that don't take into account the cost of impending federal regulations to curb carbon dioxide emissions from power plants.

Consumer Energy Use Growth Patterns

Since 1997, electricity use by electric co-op consumers has grown faster than the electric utility industry as a whole. The drop in overall electricity consumption for 2008-09 (the result of the economic downturn, and the first decline in consecutive years since 1949) did not affect co-ops as sharply, since co-ops sell a higher percentage of their power to residential members rather than commercial and industrial accounts. The U.S. Energy Information Administration (EIA) predicts electricity use across the country will show a 5 percent rebound in 2010.

Annual Percent Change (kilowatt-hour sales)



As of October 2010; 2010 data is preliminary. Sources: CFC, RUS, EIA, NRECA

Top 5 ways to boost outdoor efficiency

Could your garage, shed, barn, or other outdoor building use an energy efficiency boost? Try these tips to save energy and money:



- 1 The same rules apply for outdoor buildings as houses: add insulation, install energy-efficient windows, and seal ductwork.
- 2 Unplug power tools and battery chargers at the end of the season.
- 3 Install an insulated door and seal the sides and bottom to reduce air leaks.
- 4 Install motion sensors on outdoor lights.
- 5 Look into LED retrofit kits for outdoor security lights. They cost more upfront, but payback is five to 10 years, and LEDs can last up to 20.

Source: Cooperative Research Network

Try This!

Sealing your home from the elements

By Brian Sloboda

When a home feels too cold or too warm, folks often purchase air conditioners or space heaters to improve comfort. But in many cases these appliances only address the symptoms, not the actual problem. However, there's often a simple and relatively inexpensive solution—seal air leaks and add insulation.

Finding and fixing leaks

To find leaks, walk around your house on a cold day and feel for drafts around exterior doors and windows, electric outlets and entrance points for TV and telephone cables. In basements, target dryer vents, gas lines or any place with an opening in the wall.

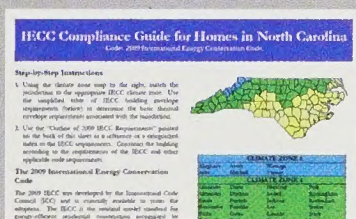
To fix leaks, apply caulk, spray foam or weather stripping to these areas. Spray foam should be used on large openings. But be careful: the foam expands and could damage weak wood or lose brick. When purchasing caulk, pay careful attention to whether it is rated for interior or exterior use and whether or not you can paint over it.

An insulation kit provides a temporary solution for older windows during winter. Apply a clear plastic sheet to the interior of the window, then use a hairdryer to remove wrinkles and make the sheet almost as clear as the glass.

If you have a forced air heating or cooling system, consider sealing the ductwork. According to Energy Star (a standard for rating energy-efficient consumer products), about 20 percent of the air moving through ductwork is lost to leaks and holes. For exposed ductwork in basements or attics, apply a duct sealant—either tape, aerosol or mastic—depending on your skill level.

Finding your region's R-values

Ask your local hardware stores and contractors about your area's insulation requirements. For energy purposes, North Carolina has five designated climate zones with varying insulation performance requirements. If you want to add insulation to your existing home, you can find your zone and insulation R-values that comply with North Carolina's Energy Conservation Code at www.simplyinsulate.com/statecodes/NC.pdf.



Touchstone Energy Cooperatives

Because attics are generally easy to access, adding insulation above a home is a good first step to protect the building from outside elements.

Adding insulation

Once leaks are sealed, focus on insulation. Insulation is your home's first line of defense in keeping out heat and cold and comes in fiberglass (batt or blown), cellulose, rigid foam board, spray foam or reflective (also called radiant barrier) forms.

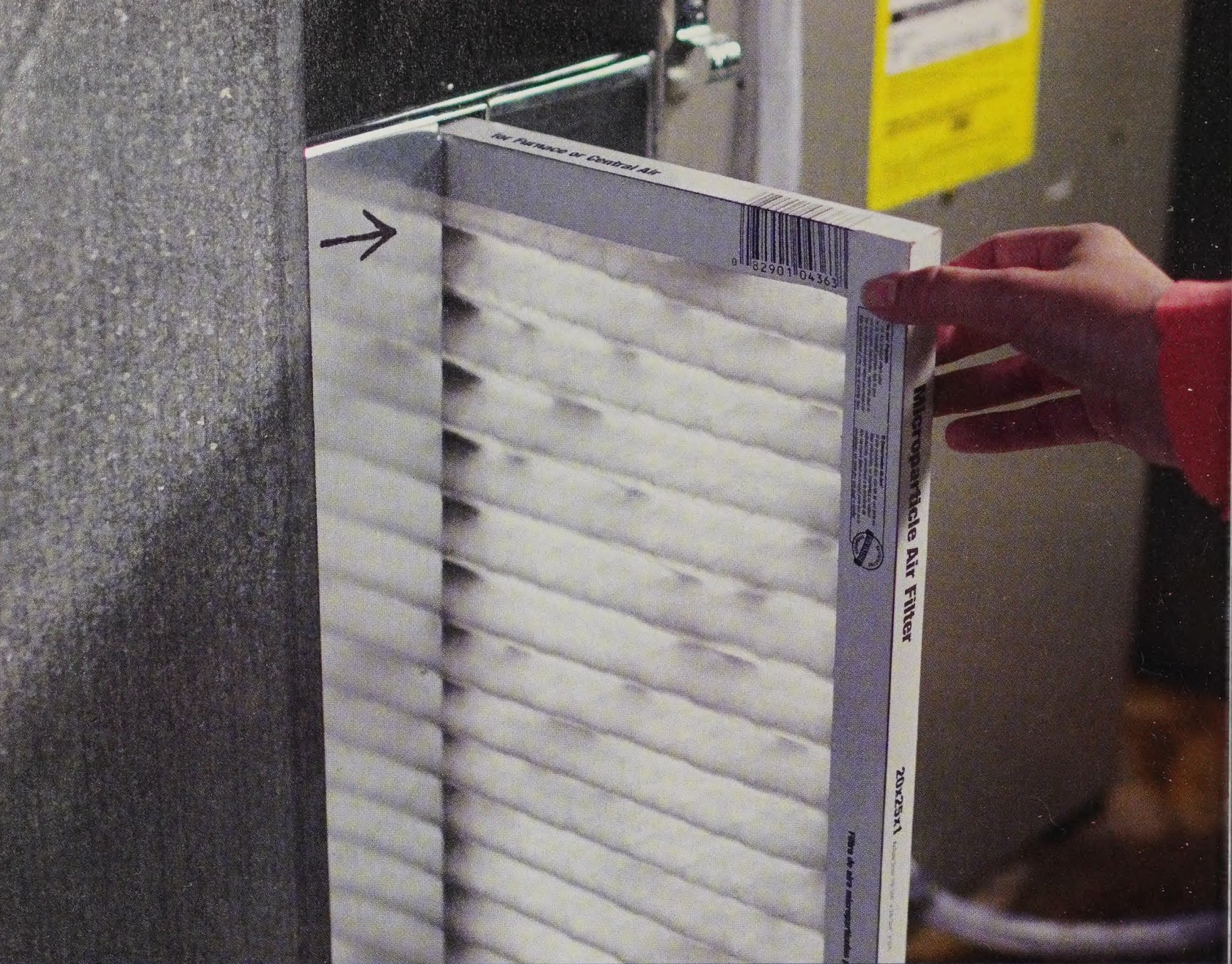
When buying insulation, consider its R-value. Typical insulation levels for an attic range from R-30 to R-60, while floor requirements vary from R-13 to R-30.

The most difficult area to add insulation will be your walls. Ideally, you would add wall insulation when replacing the siding on your home. You use insulative wall sheathing, and then fill the wall cavity with blown-in insulation. If you do not have siding or won't be replacing it anytime soon, it is possible to cut holes in the wall and blow the insulation in. But this is generally a tricky undertaking and can cause significant damage if not done properly. Ⓢ

Brian Sloboda is a program manager specializing in energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association based in Arlington, Va.


Can you help others save energy?

Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com



BY SPENDING A FEW MINUTES, I'M SAVING A LOT.

Yeah, a few minutes. That's all the time it takes me to change my home's air filter every month and save \$82 a year. Not bad for a few minutes of work, huh? What can you do? Find out how the little changes add up at TogetherWeSave.com.

North Carolina's
Electric Cooperatives
Your Touchstone Energy® Cooperatives 

TOGETHERWESAVE.COM

THE FINAL MILE

Just as they brought electricity to rural North Carolina 60 years ago, cooperatives and nonprofit services are finding ways to bring fast, reliable Internet service to the countryside.

Blue Ridge EMC member Bill Black of Creston in Ashe County is enjoying life in the country while staying connected to a wider world of business and entertainment. An employee of an information technology services company in Hickory, he uses the Internet to “commute” to his job from an office near his home. The computer programmer says: “I like living in Ashe County. It’s a great bunch of people up here.”

But if it weren’t for the Internet brought to him by SkyLine Telephone Membership Corp.’s DSL (digital subscriber line, data via telephone line), “I wouldn’t have a job here. I’d have to go to Hickory or Boone or somewhere,” he says. His SkyLine broadband service brings him the Internet at download speeds of 4 Mb (megabits, or about 4,000 kilobits) per second. The FCC defines high-speed as starting at 768 Kb per second. (Broadband refers to the capacity to deliver a band of broadcast frequencies. The wider the band, the more data can be carried at one time and the faster the service).

Like Bill Black, rural North Carolinians in several areas will soon be enjoying the benefits of the Internet. Ten regional

for-profit and nonprofit groups, including two electric cooperatives and several telephone co-ops, have taken advantage of existing programs to provide high-speed service. (See map below).

And a “middle-mile” fiber-optic cable network that’s going up across the state is expected to mean future service for many more rural North Carolinians. A combination of nearly \$150 million in federal stimulus money and matching funds will bring the network to unserved and underserved areas in much of the state. Below-market rates are being offered to “last-mile” providers who want to hook onto the cable, which acts like a trunk line, and take its signal into businesses and homes. (See map on page 13).

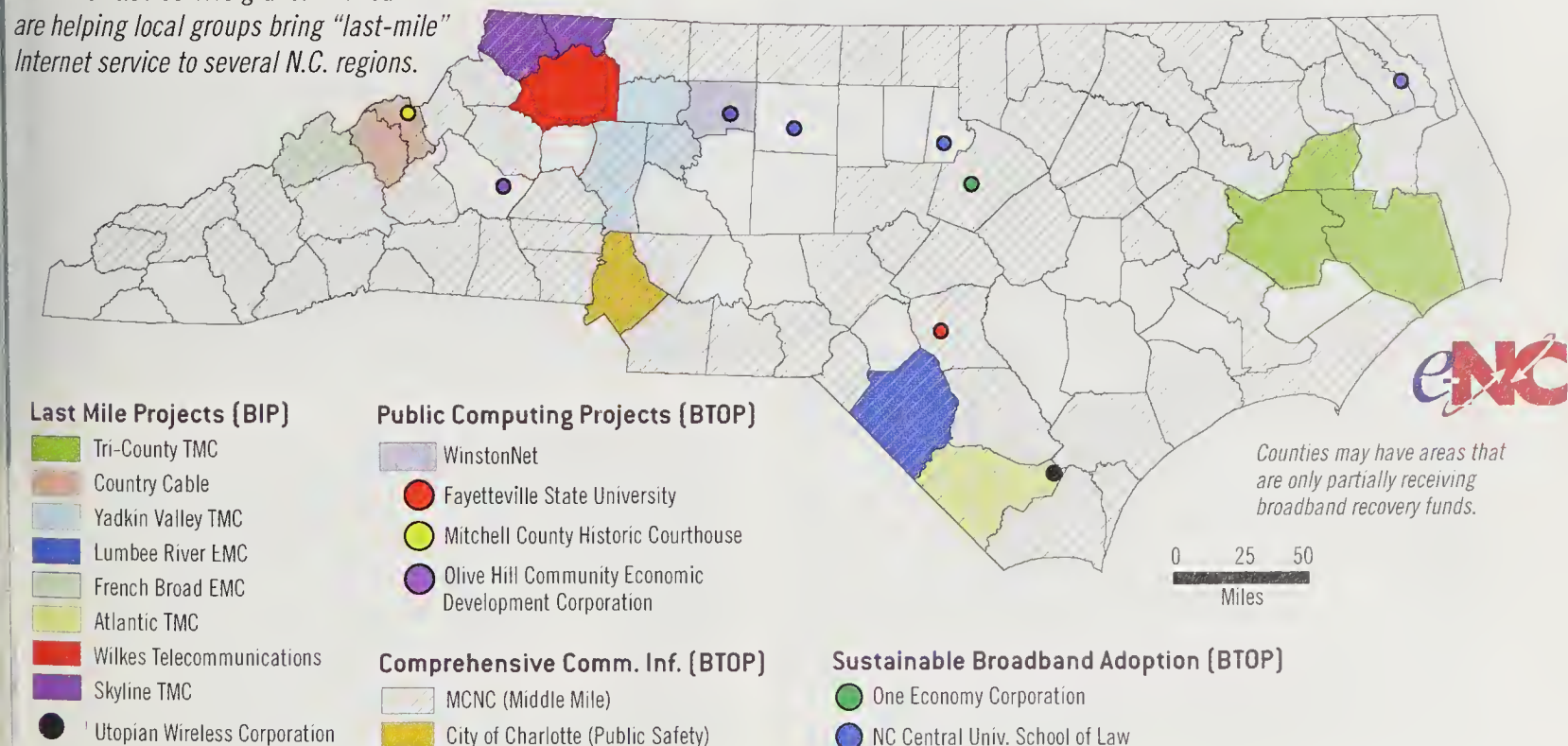
BYPASSING RURAL AREAS

Rural North Carolina is often bypassed by the large cable, DSL and wireless providers, who look to densely populated areas to give them the timely returns on investments that stockholders expect. Bypassing rural residents can cause significant handicaps. “We’re disconnecting those folks from education, modern healthcare, being able to apply for jobs,” says Joe Freddoso at MCNC, the Research Triangle-based nonprofit building the network across the state. “Most jobs you have to apply for on the Internet.”

That leaves the only alternative as either agonizingly slow dialup or satellite wireless. (Satellite giant HughesNet charges \$119.99 per month for 2 to 3 Mbs download speed. In Bill Black’s Ashe County, SkyLine Telephone charges \$44.95 for 4 Mbs via DSL).

North Carolina Broadband Recovery Projects

Rural Utilities Service grants and loans are helping local groups bring “last-mile” Internet service to several N.C. regions.



Ask Jeff and Monica Gurr about availability. They live 200 yards from the end of a DSL line, but until a Rutherford County nonprofit brought broadband to their Sunshine community earlier this year, Monica had to depend on super-slow dialup for her online classes from Gardner-Webb University.

"When she had to do a chat session with her class, she'd start logging in 30 minutes before her class started," says her husband. When she had homework, she had to make the 50-mile roundtrip to the college to pick it up. At her dialup's speed of 19.6 Kb per second, she couldn't download large files.

Though they use different sources of money and different means of transmitting the Internet, all the regional efforts to bring the Internet share the same goal. "We wanted rural residents to have that same access as the cities or urban areas are enjoying," says Randall Jones, president and CEO of Lumbee River EMC, the electric cooperative based in Robeson County.

Another electric cooperative provider is French Broad EMC, based in Madison County.

"We're so lucky in North Carolina to have the electric co-ops and the telephone co-ops," says Jane Smith Patterson, executive director of the broadband-promoting e-NC Authority. "They reach out to try to serve everyone in their area."

Some of these efforts:

- Assisted by nearly \$20 million in federal stimulus money through a USDA-administered RUS (Rural Utilities Service) program, Lumbee River EMC expects to start construction by the middle of 2011 on a fiber-optic cable network to bring broadband to homes and businesses in Robeson County.
- In a move that general manager Jeff Loven likens to rural electrification in the 1930s, French Broad EMC is expanding a 70-customer experiment of delivering broadband through power lines. "We have a lot of customers that were constantly saying, 'You got us electricity out here. The phone company's not going to do it. The cable company's not going to do it. You're the only guys left.'"
- So with a \$1.8 million RUS grant loan, French Broad EMC will extend service to about 2,000 people living in roughly half the 90 percent of Madison County that lacks broadband. Revenue generated will be used to extend service to the other half.
- In Ashe and neighboring counties where SkyLine TMC offers DSL, it started adding even higher-speed Internet through fiber-optic cable in 2004. Now 23 percent of its customers in Ashe, Alleghany, Watauga and Avery counties in North Carolina and Johnson County in Tennessee have accessibility to up to 20 Mb.



Left: Rutherford EMC member Fairview Mountain Ministries hosts a receiver and two transmitters that beam the Internet to five families from the Ministries' site high on Cherry Mountain. Ministries director Ron Gurley uses it for everything from "looking up study material to looking up tractor parts." (Photo by Hannah Miller).

Below: These foot-high transmitters send the Internet six miles across a valley to five homes. Rutherford EMC member Don Melton's children —Emily, 5, Caitlin, 9, and Eli, 12—use it to check out concepts like "polygon" for math class. (Photo by Hannah Miller).



- A recent \$29 million RUS grant will help SkyLine extend fiber-optic service to 25 more communities including Bill Black's Creston community.
- In Rutherford County, business-development nonprofit Foothills Connect is changing into radio waves the fiber-optic signal brought to area schools and fire departments by an earlier Golden LEAF Foundation grant. Antennas are being erected on area high spots, like municipal water towers and mountain fire towers, to bounce the signal to anyone within seeing distance. "A big improvement," says Jeff Gurr, who erected his own backyard tower.

So far there are nine sites with one to three antennas each, serving 60 customers. Three hundred more are on a waiting list. A recent FCC decision to open more broadcast channels to public use should grow that demand, says Foothills director Tim Will. Customers won't have to actually see an antenna to get the super-strong signal.


THE LAST MILE

On a statewide basis, the 1,600 to 1,800 miles of new middle-mile cable, now in the design stage, will be built within three years in two segments, one extending westward and southeastward from the already well-served Piedmont.

The other—known as the Golden LEAF Rural Broadband Initiative for \$24 million in matching money from the Golden LEAF Foundation—will run through the state's northeast, north central, northwest and south central sections. It will pass through 69 counties, 67 of them rural, and will directly connect more than 4,000 "community anchor institutions"—schools, libraries and public safety facilities.

Last-mile providers are expressing interest in picking up the cable's signal at below-market rates and carrying it to homes and businesses, MCNC president Freddoso says.

Residents who want to find out what's already available in their areas can check a new interactive map at www.e-nc.org. For those lacking service, Freddoso suggests joining with local governments to make fresh approaches to providers.

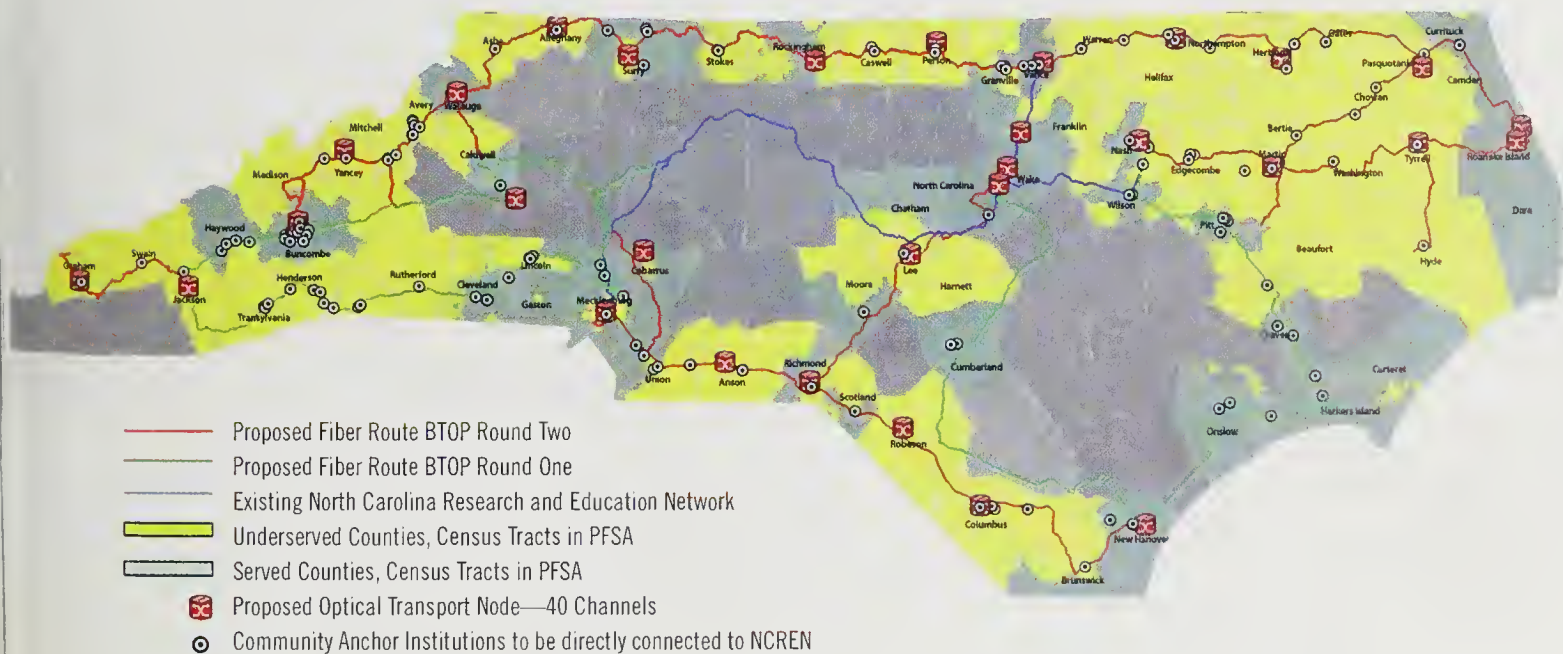
"If I'm one citizen in a rural area, that's not enough customers for them to justify building that infrastructure. They've got to report to Wall Street," he says. "But if I have a group of people, plus the municipality or the county, who go to that provider and say 'We've got 400 people that want service,' that's a whole different conversation with that provider." 

Hannah Miller, a Carolina Country contributing writer in Charlotte, recently wrote about the emerging hops industry in western North Carolina.

Golden LEAF Rural Broadband Initiative

1,694.53 Miles In Proposed Funded Service Area (PFSA)

Preliminary work is already under way on from 1,600 to 1,800 miles of Internet-bearing, "middle-mile" fiber-optic cable.





[A]



[B]



[C]



[E]



[D]



[F]

[A] the farm truck

This 1953 Chevy model 6500 truck was owned by my great uncle Russell Helderman (1918–1999) of Iron Station in Lincoln County. The Helderman farm was located down a 1½-mile dirt road. Russell used the truck, along with his Farmall tractor and pull-type road grader, to haul creek sand from the property for spreading on the road. The truck had a dump bed, a luxury in its day. It also would have been used all around the farm, including to haul lumber from the sawmill. We maintain his farm today.

Bryan Abernathy, Charlotte

[B] cold pier

Sea View Pier on a cold and windy morning on North Topsail Island.

Mike Bitzenhofer, Wake Forest, Wake EMC

[C] wave rider

My son rides the summer waves at Sunset Beach.

Mark Terry, Chapel Hill, Piedmont EMC

[D] moses cone memorial park

On a family vacation in June 2010, we visited one of the walking trails at the Moses Cone Memorial Park, Milepost 294, Blue Ridge Parkway.

Elizabeth Avent, Matthews, Union Power Cooperative

[E] jimmy's banjo

This photo is a picture of Jimmy Fraley's banjo on the porch of an old building in Gold Hill. Jimmy Fraley is the banjo player for A Deeper Shade of Blue and has been playing for over 40 years. His passion is country living and playing his favorite instrument. The band was there for a photo shoot, and the picture was taken by his wife, Joan Fraley. He simply sat the banjo down for a rest while other pictures were taken, and the country scene just popped. What a beautiful representation of our sweet Carolina country!

Joan Fraley, Monroe, Union Power Cooperative

[F] lucas and the lizard

My children and I were working in the yard one evening this summer when my daughter, Rebekah, found this baby lizard. I decided to get a few pictures and asked Lucas, my son, to let me put the lizard on his nose. Lucas is 7 and a total character. He's trying in vain to see the lizard while it was perched on his face. He was afraid it was going to get into his mouth. Rebekah and I were laughing so hard we could barely breathe.

Iris L. Wright, Asheboro, Randolph EMC



[G]

[G] gentleman

Just a simple country man showing his love of animals.

Maegan Fisher, Gates, Roanoke Electric Cooperative



[H]

[H] the bridge at stoney creek farm

From my front yard, this is the entrance to Stoney Creek Farm in the fall. It's off of Freemantown Rd. in the area of Lake Lure.

Sandra Godzik, Lake Lure, Rutherford EMC

[I] loving the flowers

In a field of wildflowers in the Scott's Hill area of Pender County are Holden Tuft Rivenbark, 6, and his sister Summer Kathleen, 2.

Laura Rivenbark, Hampstead, Four County EMC



[M]

[J] one day on the parkway

This is our son Zane Cooper enjoying the Blue Ridge Parkway.

Loretta Cooper, Elkin, Surry Yadkin EMC

[K] the maiden voyage

My boyfriend, Trey, and I spent six stressful months restoring a 1978 VW Bus in Boone. When we were finished we took her to the Blue Ridge Parkway, positive we would run into troubles. But the trip went smoothly with no breakdowns. This photo was taken from an overlook on the parkway close to the Linville Viaduct on our VW's maiden voyage. Then we headed off on our trip across the U.S.

Laura Collins, Boone, Blue Ridge Electric

[L] ready for market

This is my husband on his family farm in Robersonville, Martin County, getting ready to take a load of tobacco to sell.

Maria Stalls, Robersonville, Edgecombe-Martin County EMC

[M] murphy in the snow

This is our granddaughter Murphy, 5, in the first snow of January 2009.

Sherry Boncek, Hollister, Halifax EMC

[N] mill cat

While photographing the Old Mill of Guilford, I had a little help from a curious feline visitor.

Bob Cragin, Kernersville, EnergyUnited





[o]



[P]



[Q]



[R]



[S]

[o] weston waiting

This is my friend's grandson, Weston, shortly after the devastating earthquake in Haiti while his dad was stationed there with the 82nd Airborne Division. West, 9 months old, and his dog, Daisy, are missing Dad and waiting for him to come home. His parents are Lt. Matthew and Kirstin Lewis. His grandparents are Al and Linda Lewis. His other grandparents, Mary Lou and Rick Goodman from Texas, are planning to move to North Carolina to be closer to Weston.

Betty Waters, Matthews, Union Power Cooperative

[P] ice? what ice?

When my husband retired from the US Air Force, we decided to plant our roots in Seagrove. We bought a farm and are raising an interesting breed of cattle called Scottish Highlands. These animals with their very thick winter coat are wonderfully equipped for horrid weather conditions. When we checked on our cows during a bad ice storm last year, this is what we found. Galena was a 2-year-old heifer who might have been distracted by the icicles jingling around her face, but she otherwise was not bothered by the storm at all.

Kimberly J. Mayo, Seagrove, Randolph EMC

[Q] diesel

This is my Rottweiler pup Diesel. He has replaced my last Rottweiler, Cobra, who passed on due to bone cancer. I live alone and am disabled, so my new pup has brought comfort and laughter back into my home. I had to go to Spindale, Rutherford County, to pick up my baby, but he was worth the trip. His favorite thing now is to ride with me to Mt. Airy to get his dog food. The store allows pets inside, so while shopping for his food I let him play with everyone who wants to play with him. When he wakes up at home and has to go out, he climbs up on the bed and licks my face, then tries to sit on my head to wake me up.

George Austin, Siloam, Surry-Yadkin EMC

[R] now what?

I watched as the parents of this baby bluebird shooed the young ones from the birdhouse.

Pam Pilkington, Grifton, Carteret-Craven Electric

[S] frogs at fort fisher

I snapped a picture of these frogs at the N.C. Aquarium in Fort Fisher. I still can't decide if they like each other or not.

Laura Sappenfield, Bahama, Piedmont EMC



[T]



[V]



[U]



[W]

[T] oliver owens

This is my son, Oliver Owens, near our home in Valle Crucis.

April D. Green, Valle Crucis, Blue Ridge Electric

[U] carter in the garden

My great-grandson, Carter, is helping plant tomato slips. Carter's mother, Lori Watlington, took the photo.

William Pyrant, Yanceyville, Piedmont EMC

[V] pure caroline

Our 4-year-old daughter, Caroline, has an unbelievably bubbly personality that is wonderfully contagious.

Amy P. Brown, Wake Forest, Wake EMC

[W] a fresh perspective

I noticed our very first sunflower bloom at our home in Farmville early in the morning of July 13, 2010, snapped a picture, then went off to work. Later that evening, I glanced at this same flower from a different location while my husband and I were tending to our goat, Billy, and I saw it exactly the way it looks in this picture—close up, with the old, rusty-red, ivy-covered barn blurred in the background. Too often I catch myself wishing for a change of scenery—anything but the same old same old. This picture conveys a fresh sunflower blossom as well as an entirely different perspective of home. The grass really is green on this side.

Tiffany Bridgers, Farmville, Pitt & Greene EMC

[X] carolina country

It was approximately 10:30 a.m. on August 10, 2010. A typical mail run: I ride the lawnmower to the mailbox, Tyler Jordan, age 2½, rides his bike and takes his bookbag. This time I decide to give him books to put in it: US magazine and a couple of others. We go outside and head toward the road. Then I say, "Hey, man, I'm going to get my camera." Tyler says, "OK." I return on the lawnmower, camera around my neck. As we ride to the mailbox, I start being a photographer—snap, snap—and then I notice what I am looking at: Carolina Country.

Zebedee Garrison, Grantsboro, Tideland EMC



[X]



Millions are scrambling for the 2011 Silver Eagle...But we're giving it away TODAY at our cost!

The economic crisis has sparked a huge demand for U.S. Mint Silver Eagles. Collectors, investors, dealers and the public alike are scouring the country to obtain them, creating a serious national shortage. But today, as a special offer to new customers you can own these HEFTY Silver Dollars at our cost—only \$38.94!*

You Cannot Buy This Coin From the Mint!

The U.S. Mint does not sell Silver Eagle Dollars direct to the public. You can only obtain them through an authorized distributor. We have just reserved a fresh shipment of 2011 U.S. Mint Silver Eagles—the current U.S. Silver Dollar. These massive and attractive coins contain one full troy ounce of silver and feature the historic image of Miss Liberty draped in a U.S. flag walking boldly into the future.

No, We're Not Crazy!

Why are we giving away this silver dollar at our cost? Because we want to introduce you to what hundreds of thousands of our satisfied customers have discovered since 1984—we're your best source for coins worldwide. That's why we're giving away this 2011 U.S. Silver Eagle to you—for just \$38.94**—to put you on the ground floor of great values like this—values our customers enjoy every day.

**plus a nominal shipping and handling charge*

Note: GovMint.com. is a private distributor of government and private coin and medallion issues and is not affiliated with the United States Government. Prices and availability subject to change without notice. ©GovMint.com, 2011
**Price based on spot market silver price of \$29.24.

Highest Demand Ever for 2010 Eagles. Act Before The 2011s Disappear!

We've never experienced such demand for Silver Eagles as we did in 2010. We predict the same for the 2011 Silver Eagles. So please hurry! They're available RIGHT NOW. And with the current financial crisis they could easily sell out.

Don't Miss Out! Limit 3 Per Customer

At our cost, we must set a strict limit of 3 coins per customer. The allure of silver is timeless, and the precious metal is a proven hedge against economic uncertainty. Don't miss out! Call immediately, toll free, 1-888-201-7064 to add these elusive Silver Eagles to your holdings!

TOLL-FREE 24 HOURS A DAY
1-888-201-7064

Offer Code **ESV118**
Please mention this code when you call.

 **GovMINT.COM**
YOUR ONE BEST SOURCE FOR COINS WORLDWIDE

14101 Southcross Drive W., Dept. ESV118
Burnsville, Minnesota 55337

www.GovMint.com



Custom lighting

A few, low-cost changes can make a big difference to rooms

There's good news for homeowners wanting to freshen up their décor without splurging. A few budget-friendly changes in any room's lighting will make a noticeable difference. Sometimes, the correct lighting choice is the most significant single factor in a room's decorative appeal.

"You can even achieve the look of custom lighting on a limited budget," says certified lighting designer Joe Rey-Barreau, an education consultant for the American Lighting Association, based in Dallas, Texas, and an associate professor at the University of Kentucky's School of Interior Design. "I find the best way is to use sconces whenever possible. The majority are very reasonably priced. The ideal type of sconces for achieving the best effects are either very small—which brings attention to them—or versions that direct the light upward."

Libbe Milicia, director/decorative product development for Progress Lighting, based in Greenville, S.C., agrees that extra wall illumination can make a significant impact. "Wall sconces can function as tableside reading lamps in place of a traditional table or floor lamps to suit less-cluttered interiors." She also suggests adjustable swing-arm lamps, which are available in direct-wire and plug-in models for maximum flexibility. "Not only do they serve as decorative elements, but they also add an extra layer of light," she says.

If dual functionality is the goal, consider the new energy-efficient ceiling fans. There are some amazingly interesting light kits for ceiling fans, Rey-Barreau says. Those that have indirect light shining above the motor offer a lot of visual appeal and can make a room look larger.

Kitchen

If you're looking to add some visual oomph, try colorful pendants. These highly affordable fixtures inject aesthetic and functional punch in dining rooms and entertainment areas.

Another cost-conscious option: interior hanging lanterns. "You can hang the lanterns individually over a breakfast nook for extra light, or place them in multiples of two or more over the kitchen island," Milicia says. "If you want to have less energy consumption and a lower budget, consider a linear chandelier, which will cover more surface area than pendants while achieving maximum performance."

Installing LED "under cabinet" lighting is another way to increase functional illumination at the countertop work area. "One of the most interesting styles is very tiny 'tape' LEDs where single LEDs are actually embedded on a roll of tape that can be attached to the underside of the cabinet," Rey-Barreau says. "The tape has an adhesive on one side, so it's as simple as putting Scotch® tape on a surface."



Hand-blown Venetian glass pendants hung from a flexible voltage line track system add modern flair and functionality over a breakfast bar.

Bathroom

Here, Rey-Barreau recommends adding multiple layers of light, with the primary layer being at the vanity, "best achieved with lighting above and on the sides of the mirror." He also says vanity lighting should be approximately 120 watts of incandescent at the top of the mirror and 60 watts on each side. If you're using compact fluorescent bulbs, that would be approximately 30 watts at the top and 15 watts on the sides. He also recommends overhead lighting.

Milicia suggests placing wall sconces on either side of the mirror to reduce shadows on the face and to supplement the ambient lighting.

Bedroom

Rey-Barreau recommends wall-mounted picture lights for a romantic effect and to highlight your art. "These can be either permanently installed or they can be plugged into an outlet (with the wire concealed by a decorative cover)," he explains. Similarly, wall sconces on either side of the bed add a fresh visual element while performing double-duty as task lighting, according to Milicia. ⓘ

—American Light Association

How to make college more affordable

Millions of families each year face the question of how to pay for college. And it's not one that's easily answered without the help of some kind of financial aid. A survey by The Princeton Review found that 86 percent of college applicants and parents of applicants said that financial aid would be "very necessary."

In 2009–10, there was more than \$199 billion of financial aid distributed to undergraduate and graduate students in the form of grants, federal loans, work-study, and tax credits and deductions, according to "Trends in Student Aid 2010," by The College Board. The same report said that full-time undergraduate students received an average of \$11,461 in financial aid. So the good news is that there is money for college out there—if you know where to look.

Your electric cooperative may be one of those sources.

Here are some other resources to help you make college more affordable:

Look at affiliations and memberships

Past and present employers, unions, military service, memberships, activities and hobbies can all be sources for college funds. A parent or grandparent's membership in an organization may get a student the aid they need. An example of this is Foresters Competitive Scholarships. Eligible Foresters members and their families can apply for scholarships for community service as well as good grades. "Every year Foresters awards 350 Competitive Scholarships as part of its member benefits because a solid education only makes for a brighter future," says Kasia Czarski, chief membership and marketing officer at Foresters, a life insurance provider. For more information about the program, visit www.foresters.com/scholarships.

Take classes that transfer

Increasingly, folks are going the community college route. You start with classes at a community college and then transfer the credits to a four-year institution. It's far less expensive and can cut time and money off the cost of a

four-year college or university program. You can also plan early by taking advanced placement classes while in high school. Take summer classes and an extra class per semester to get a leg up on college credit requirements.

There is money out there if you know where to look.



Financial aid sources for students include scholarships from professional groups, corporate foundations and service organizations.


Web research

Take advantage of the Internet to search out the scholarship—or scholarships—right for you. Here are resources to get you started:

- Good, general starting places include www.scholarships.com, www.fastweb.com, and www.collegeboard.org.
- Latino students can search for scholarships at www.maldef.org or www.haceonline.org. For other minority scholarships, visit www.finaid.org.
- For "thinking out of the box" scholarships—such as those for vegetarians, getting creative with duct tape, and even being left-handed—visit www.scholarships.com, and www.fastweb.com.

A word of caution: Be alert to scams. If you have to pay in order to compete for a scholarship, it may be a scam. Learn more about scholarship scams at www.ftc.gov.

Service and professional groups

Many service organizations such as the Scouts, VISTA and Teach for America offer scholarships. Corporate foundations are an excellent source of financial aid. (They may require a number of years of service to that organization in return.) If you know what you want to study, look into professional associations affiliated with that career. Many, including associations for political science, nursing and physical therapy, offer scholarships to help attract students to their fields. 

—Family Features.com

Eating on a budget

Tips for choosing healthier, less expensive foods

In these difficult economic times, many folks find themselves struggling to pay bills and make regular purchases like groceries. And healthful food can be expensive, no doubt. But according to Maria G. Boosalis, Ph.D., former director of clinical nutrition at the University of Kentucky College of Health Sciences, eating on a budget doesn't mean sacrificing health or food quality.

Boosalis advises people to spend more time in a supermarket along the edges where fresh items are usually situated. "Processed foods and foods that are higher in sugar and fat like soda and chips tend to be placed in the middle aisles," she notes. "By shopping the perimeter of the store, you can avoid some of those products altogether."

Boosalis also says to read nutrition labels, be familiar with prices and consider buying a generic or store brand. Use money-saving coupons and stay flexible to store specials whenever possible.

Fruits and vegetables

Buying local fruits and vegetables in season make them more affordable. For North Carolina, foods in season now include apples, peanuts and sweet potatoes. Since many fresh fruits and vegetables are not in season now, look for frozen alternatives.

"To get the most nutritional value, though, purchase frozen fruits without added sugar and frozen vegetables without added salt," Boosalis says. "If your budget can only afford canned foods, choose fruits packaged in their own juice or in light syrup and vegetables with a minimal amount of salt."

Whole grains

For your recommended intake of whole grains, consider buying 100 percent whole wheat or 100 percent whole grain breads on sale and freezing one or more loaves for later. To increase nutrient value, make sure the first ingredient listed is 100 percent whole grain.

If your family likes to eat enriched white bread, boost nutrient value by making a sandwich with one slice of 100 percent whole wheat bread and one slice of enriched white bread until everyone gets used to 100 percent whole wheat bread alone.

Boosalis also suggests eating whole grain cereals like oatmeal, brown rice and whole wheat pasta. "In addition to getting your recommended amount of grain servings, consuming whole grains along with fruits and vegetables provides fiber that your body needs and it can keep you feeling full longer, which may help you eat less," she says.



Strawberries and blackberries are great sources of nutrition but if they are out of season, they can be expensive. Consider buying them frozen instead.

Lean protein


Protein such as beef, pork, poultry and fish are typically the most expensive items on a grocery list. Try alternate protein sources such as dried and canned beans and/or legumes for one or two meals each week. It's also another way to increase your fiber intake.

Make changes

"Small changes like removing the skin of a chicken before cooking, draining fat from meat, baking fish instead of frying, and choosing to supplement or substitute meat with beans, can make a difference," Boosalis says. "Experiment with a favorite dish, seek out assistance on nutrition, gardening, and recipe preparation from local resources like your local Cooperative Extension office."

To plan menus and track your food intake, visit www.mypyramid.gov.

Local food options

You can print out a colorful chart that shows what's in season each month in North Carolina at www.ncagr.gov/markets/availabilitychart.pdf. For information about local farm markets and food options, visit www.ncdamarkets.org. 

—University of Kentucky College of Health and Sciences

Low-cost measures help churches cut energy bills

Since most houses of worship rely on small or non-existent budgets for capital projects, low- or no-cost measures that reduce energy consumption generally produce the best results. Some simple steps involve changing the way congregants and staff use the building.

Big-ticket items, such as replacing heating and cooling systems with more energy-efficient units, may not be practical until existing equipment reaches the end of its useful life.

A comprehensive energy audit remains the best way to identify cost-effective efficiency improvements in a church. Below are some additional suggestions for reducing energy consumption:

- **Turn off the lights when not in use.** While occupancy sensors can be cost-effective, posting reminders to ensure that the lights are turned off often does the trick. Timers are useful in lobbies, entries and vestibules to ensure that lights stay off during daylight hours.
- **Replace incandescent lightbulbs** with compact fluorescent lightbulbs (CFLs).
- **Control “plug loads,”** such as microwaves, computers and televisions that continue to draw power even when turned off. Unplug these appliances when finished using or before leaving the building.
- **Heat and cool during occupied hours only.** Make sure that heating and cooling controls are set at minimum levels or are switched off during periods of no use.
- **Turn down water heater thermostats.** Bathrooms and kitchens used primarily during worship services are good targets for lowering water temperatures.
- **Change filters.** Filters should be changed on a monthly basis—more often if the congregation is located next to a highway or construction site.
- **Clean condenser coils.** Condenser coils should be washed thoroughly at the beginning and end of the cooling season.
- **Check cabinet panels.** Ensure that panels to rooftop air-conditioning units are attached with all screws in place, and make sure gaskets are intact to prevent air leaks. This check should be performed on a quarterly basis.
- **Direct airflow.** Close registers in any unused rooms to direct air where it is needed. If some rooms overheat while others are too cool, call a qualified heating and cooling contractor.



Installing timers and CFLs are two good ways that churches can manage and lower monthly electric costs.

- **Close vents.** In place of air conditioning, many older buildings have natural ventilation systems to remove hot air in the summer. Be sure to close these vents in the winter.
- **Seal gaps.** Use caulk and weather stripping to seal gaps around windows, doors, chimneys and other structural elements, including the foundation.
- **Insulate hot water pipes** with pipe insulation. Fix leaky faucets, showerheads, pipes and toilets.

Landscaping

Churches can also help cut future energy costs with strategic landscaping. Buildings that are surrounded with grass can be 10 degrees cooler in the summer than buildings flanked by asphalt or concrete. In addition to making your church look more attractive, properly placed vegetation can help reduce your energy costs.

Deciduous trees, for example, can provide natural barriers to summer sun while allowing winter sunlight to warm the church. In addition, plants and shrubs can be helpful windbreaks. ⓘ

—E Source, Energy Star, U.S. Dept. of Energy

Help for Today... Hope for Tomorrow®

Hope for the Cure

BELIEVE IN MIRACLES® RING



 NATIONAL
BREAST
CANCER
FOUNDATION, INC.®

EXCLUSIVELY FROM
THE
Concorde
COLLECTION
www.concordecollection.com

Pink Topaz... White Topaz... 14K Rose Gold...
Sterling Silver. The perfect gift for yourself...
or someone special. Just \$55

A symbol of belief and hope for the cure for breast cancer blooms in this perfect blossom, unfolding its petals, glistening with dewdrops in the warmth of the sun. This tribute to the courage of those whose lives have been touched by breast cancer is artfully sculpted in Sterling Silver by award-winning designer Marjorie Andes. It is lavishly coated with 14K Rose Gold, set with sparkling Pink and White Topaz, and enhanced with braided leaf detail. A solid Silver band represents unity with women around the world. A symbolic inspiration of belief in miracles and the celebration of life.

Officially authorized by the National Breast Cancer Foundation, this dramatic ring is offered exclusively through the Concorde Collection and is not sold in stores. Satisfaction guaranteed for 60 days. Mail your order today.

ORDER FORM

Please mail within 30 days.

YES, I wish to order the HOPE FOR THE CURE RING. I need send no payment now. I will be billed \$55* when my ring is ready to be shipped.

Size: ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

* Plus \$4.95 shipping and handling Plus 6% sales tax, PA residents only

Name

PLEASE PRINT CLEARLY

Address

City

State

Zip

Telephone (Include Area Code)

Mail to: The Concorde Collection

P.O. Box 663, Holmes, PA 19043



THE
CONCORDE
COLLECTION
BMCR45

©2011 TCC

CUSTOM HOMES ON YOUR LOT • OUR PLAN OR YOURS

Build it the MADISON Way

- > No costly construction loan required.
- > We pay standard closing costs.
- > No down payment required.
- > Free site evaluation.
- > Stick-built homes starting at \$66/sq ft.



Madison Homebuilders

Charlotte, Conover & Columbia



**Up To \$5,000
In Free Options or
Free Granite Kitchen
Countertops**

FOR A FREE BROCHURE WITH FLOOR PLANS, CALL US OR VISIT OUR WEBSITE

Charlotte, NC

1-800-957-9304

Conover, NC

1-866-847-6815

Columbia, SC

1-888-745-1011

www.madisonhomebuilders.net

**WHERE IN
CAROLINA COUNTRY
IS THIS? →**



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Feb. 8 with your name, address and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our March issue, will receive \$25.

January winner

The January photo by Karen Olson House showed the old store building now owned by Allen and Jeanette Rickman in the Pea Ridge community on Hwy. 108 between Mill Spring and Rutherfordton in Polk County. Previously the building was the Pea Ridge post office and general store run by Grover and Annie Thompson, and before that by the Taylor family. The winner, chosen at random from all the correct answers, is Annette Edwards of Mill Spring, a member of Rutherford EMC.



CUSTOM HOMES

Built On Your Land!



THE BUCKINGHAM
w/COUNTRY PORCH

\$169,990

**100% STICK BUILT
MOVE IN
READY**



Charlotte
(704) 916-9568
Raleigh
(919) 229-9568
Winston-Salem
(336) 462-8568



BUILD AND PRICE YOUR DREAM HOME ONLINE AT

www.LockridgeHomes.com

*All information is deemed reliable but is not guaranteed and is subject to change without notice.

First
Ever!

Celebrating the Tractor that Helped Grow America! FARMALL DELIVERS EXPRESS

Illuminated, Real Working
HO-Scale Train Collection

Locomotive
Lights Up!



**FREE Tracks & Power-pack with
Shipments 2 & 3—\$70 Value!**



A Bradford Exchange Company

9210 N. MARYLAND ST., NILES, IL 60714-1322

Limited-time Offer—Please Respond Promptly

Yes! Please enter my order for one *Farmall Delivers Express* illuminated electric HO-scale train collection, beginning with the "Diesel Locomotive" as described in this announcement. I need **SEND NO MONEY NOW**.

Signature

Mrs. Mr. Ms.
Name (PLEASE PRINT CLEARLY)

Address

Apt. No.

City

State

Zip

E-mail

**Certificate of Authenticity and
365-day Unconditional Guarantee**

917318-E67202

* Plus \$9.99 shipping and service. All sales subject to acceptance and product availability. Please allow 4-6 weeks for delivery.

FEATURING AUTHENTICALLY DETAILED, FULLY-SCULPTED FARMALL TRACTORS!

Farming's one tough job. So for over 50 years, America's farmers relied on one tough tractor...*Farmall...Red Power*. As their advertising proclaimed, they were "Time Proved for Improved Farming." In tribute to these famous tractors that helped grow America, Hawthorne is proud to bring you the *Farmall Delivers Express*.

Authentically detailed.

And Built to Last ... like Farmall Tractors!

You'll be amazed at the wealth of authentic details lavished on each train car, including flat cars featuring fully-sculpted and removable Farmall tractors. And you'll delight in the images of these classic tractors that boldly decorate the train cars, recalling half a century of their service as America's small farm tractor. Masterfully crafted with a solid metal chassis and steel alloy wheels, your *Farmall Delivers Express* will bring you years of enjoyment as you watch its powerful diesel locomotive and cars plow around the tracks.

An exceptional value. An incredible train collection! Begin your illuminated HO scale train collection with the Diesel Locomotive. You will be billed the first of three easy payments of \$23.33* when it is sent. Soon, you can look forward to adding coordinating *Farmall Delivers Express* cars—including fully-sculpted vintage Farmall tractors—and the **FREE tracks and power-pack!** They will be billed separately each at the same attractive price and sent about one every other month. You can cancel at any time and our 365-day guarantee assures your satisfaction.

It's a must-have for classic tractor & rail fans alike! Act now!

Strong demand is definitely expected. Orders are limited to one train collection per customer. Send no money now. So don't wait and mail the coupon today.

Fine collectible. Not intended for children under 14.

www.bradfordexchange.com/farmall

LICENSED PRODUCT



©2010 CNH America LLC
©2010 Hawthorne Village 14-00185-001-BIPL

I Remember...



One of Mama's fancy snow ladies.

Mama's snow ladies

My sister, Trudy, and I were very fortunate to have a rather unique mother. She was quite "high strung" and extremely artistic. Every time we had more than a few inches of snow, Mama bundled us up in our seldom-used snow gear and took us out to create one of her lady sculptures.

The bottom of her creation was not a ball but a long flowing skirt. Her mid-section was a women's torso complete with large bosoms. Her arms were carved into her sides, and she even had hands which rested nicely on her skirt. Her head was truly a work of icy art. Mama would work for a long time sculpting the eyes, nose and mouth. (No coal and carrot for this lady.) Her lips were always bright red and her eyes were blue, the same color as ours. She fashioned her hair into a long page-boy which resembled Snow White's. She completed this tall creature by putting a scarf around her neck and one of her old hats on her beautifully coiffed head.

We usually built her close to the busy road (Old 321) so passers-by could enjoy her beauty. Many times, travelers would stop and take pictures, so Trudy and I just knew that our picture would be in the newspaper with our fast-melting friend. Alas, that never happened but someone did take this picture, and years later my daughter had it framed for me.

Now when I see snow people in children's yards, I just hope the builders enjoyed the time with their mamas and daddies as much as we did.

Vicky Stroup, Lincolnton, Rutherford EMC

The cafeteria lady

A 16-year-old mother with two babies 10 months apart needed to make a decision. Her marriage was not working. Being amidst riotous behavior and adding water to stretch the milk was no way to live. Soon, she made contact with her family and left the marriage.

Though no support ever came from the father, she purchased a Christmas gift for him from the girls. Yearly, the children delivered the gift to his mother's home. He never sent a gift himself.

One year, the mother asked the girls if they wanted to get their father a gift. This was different, because she always just took it upon herself to do it. The girls replied without hesitation, "No!" The gift was never purchased again, but she taught them how to give unconditionally.

The two little girls were my sister and me. How could I ever forget that lady, our mother?

In elementary school, I was often told to teach a lesson when the teacher left the room. When I complained about being teased, a cafeteria lady encouraged me to continue. She knew I could do it. Away from school, I developed a love for the Lord and read the Bible religiously. Soon, I was the assistant teacher in my young people's class at church. Again, I was teased.

I also was sent to teach the young adult class, students older than me. My real trouble was that they were older than me. What could I tell them! My mother said, "Go right back out there and do it."

Today, I am grateful for the cafeteria lady teaching me to do the right things whether I was comfortable or not. The cafeteria lady was my mother. Today she is pastor Annie Taylor, and that girl today is minister Linda Dandy.

Linda Dandy, Ahoskie, Roanoke Electric

The big snows of 1960

It was March that year when I was in the third grade and spring was just around the corner—so we thought. Then the weather turned frigid. It snowed on the first three Wednesdays of the month and one Saturday. By mid-March there was a deep snow pack on the ground. The snow would melt some during the day but would freeze at night—perfect conditions for sledding.

My brother and I didn't have store-bought sleds, but we didn't let that stop us. Donnie converted a metal fertilizer sign into a sled by fastening some wooden "runners" to the front corners. We searched for another sign for me but came up empty-handed, so we begged Mama out of her dishpan. I just barely fit into my makeshift sled and sometimes needed a little push to get started, but we stayed outside until late at night, sledding through the snow-covered field beside our house. When we hit the terraces, we would go airborne for a second. What a ride!

When the weather finally cleared, we were in school until mid-June, Saturdays included, to make up the time from our snowy Spring Break.

*Brenda Pardue,
Hamptonville,
EnergyUnited*



The snow pack made for perfect sledding.

The snowiest winter

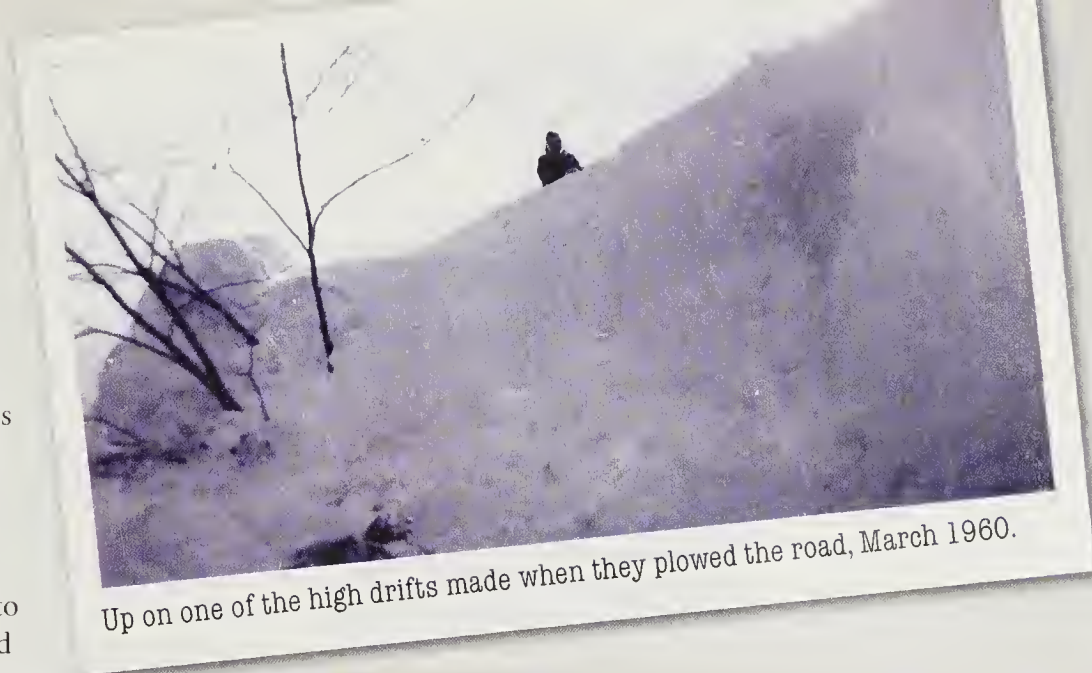
The winter of 1959-60 is recorded as the snowiest winter on record in the mountains of North Carolina. Snowfall measured between 5 to 7 feet in most areas. However, when the winds blew and the snow drifted it was much deeper. The drifting snow made travel either very difficult or impossible.

When the snowplows cleared the roads, those who owned vehicles went to the store for staples, and they purchased supplies for neighbors who did not have a vehicle. The rural mail carriers could deliver the mail, too.

We were fortunate to have radio station WSKS to keep us informed about what was taking place here in the High Country. Ashe County schools were closed for five to six weeks. The Red Cross, National Guard and Fort Bragg helicopters all responded to the call to help those who ran out of food for themselves or their livestock.

Although this event took place 50 years ago, I doubt that anyone who experienced that winter has forgotten about it.

M. L. Howell, West Jefferson, Blue Ridge Electric



Up on one of the high drifts made when they plowed the road, March 1960.

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

ADVERTISEMENT

Crows feet, Frown Lines and Wrinkles - Does Any Cream Work?



DEAR DORRIS: I am a young 65 years old, and have recently entered retirement. However, I haven't been able to relax

and enjoy, because I'm so upset about these wrinkles and lines I have developed around my eyes and mouth. I tried 6 different creams that Celebrities endorsed, and NONE of them worked. I am desperate here, to rid myself of these wrinkles, but I'm afraid to keep spending money on creams that don't work.

Is there any product out there that really and truly reduces the wrinkles and lines of the face, even the deep, entrenched ones?

Feeling Shriveled, Charlotte, North Carolina

DEAR SHRIVELED: As a faithful reader of my column, you probably know that I was a long time sufferer of wrinkles and frown lines too. You'll be glad to know that I **DID** find a product line that gets rid of wrinkles and lines, and was especially helpful on those deep wrinkles that seem like they're never going away.

The **Dermagist Original Wrinkle Smoothing Cream®** is a rich, luxurious cream that is scientifically infused with the peptide, Matrixyl. In case you haven't heard of Matrixyl, it actually stimulates the DNA of the skin to produce new healthy skin cells and encourages your skin to produce Collagen. While there are several creams on the market that contain collagen, Matrixyl gets your skin to produce your **OWN** Collagen, which is much more effective. As if the Matrixyl wasn't enough, **The Dermagist Original Wrinkle Smoothing Cream®** has other proprietary ingredients that dramatically smooth and soften the skin, while lifting and plumping loose and saggy areas.

Affordable and incredibly effective, dermatologists are referring a lot of business to this company. I highly recommend that you try it for the wrinkles that your skin has. The Dermajuv products are available online at www.Dermagist.com or you can order or learn more by calling toll-free, 888-771-5355. Oh, I almost forgot... I was given a promo code when I placed my order that gave me 10% off. The code was "NCW1". It's worth a try to see if it still works.

Butter Rich Cookies

Owner and EnergyUnited member Veronica Driver, aka "The Cookie Lady," says her company doesn't just make cookies, it makes memories. The Mocksville-based concern sells cookies with chocolate chips (with or without pecans), peanut butter, sugar, oatmeal raisin, white macadamia nuts and cookies with candy-shelled chocolates. Specialties include Driver's butter pecan cookies and special gift baskets. For parties and other fun occasions, there's a line of sugar "kookie" play dough in four colors (kits include plus cookie cutters) for children to shape and bake. Butter Rich Cookies also offers fundraising opportunities for community groups. Its retail store is on Highway 601 North, or you can order through its website or by phone. Prices are \$8 for a dozen for classic cookies and \$9 a dozen for premium cookies.



(336) 492-2449

www.butterrichcookie.com

Rufflebutts

This Belmont-based line of infants and toddlers' clothes features feminine, modern versions of the ruffled diaper cover and baby bloomers of yesteryear, as well as long pants, dresses, playground shorts, swing tops, short-sleeved and long-sleeved tops. There are also accessories available such as flowered headbands and ruffled tights.

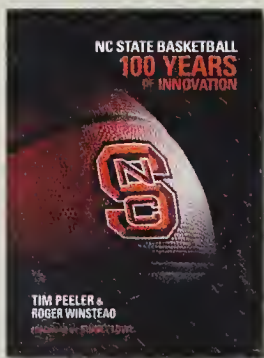
Founder and owner Amber Shaub, a member of Rutherford EMC, designed the brand to include multiple colors and patterns that can be quickly mixed and matched by busy parents. Prices for the wide variety of woven baby bloomers typically range from \$17 on up to \$27 (for personalized special edition and holiday bloomers).

(704) 825-8811

www.rufflebutts.com



on the bookshelf



NC State Basketball

Wolfpack fans and college basketball lovers alike will find much to celebrate in this interesting, official history of the first 100 years of the North Carolina State University men's basketball program. Tim Peeler, manager editor of GoPack.com, NC State's official website,

and Roger Winstead, photography director at NC State, recount traditions that have shaped Wolfpack basketball as well as the customs of college basketball itself. In a nation once dominated by football and baseball, visionary coaches such as Gus Tebell, Norm Sloan and Jim Valvano helped push basketball to the forefront of the national imagination, igniting a passion for the game that helped showcase the Atlantic Coast Conference in college sports. With 230 photographs, the book includes historical context for traditions made famous at NC State, including cutting down the nets, spotlighting players and even the "alley oop." The legendary players and unique personalities who have passed through Thompson Gymnasium, Reynolds Coliseum, and the RBC Center are here, from Ronnie Shavlik and David Thompson to Sidney Lowe and Julius Hodge. "NC State Basketball: One Hundred Years of Innovation" is published by the University of North Carolina Press in Chapel Hill. Hardback, 262 pages, \$30.

(800) 848-6224

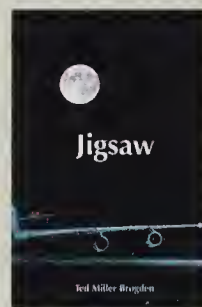
www.uncpress.unc.edu

Jigsaw

Even in a drunken stupor it is hard for Captain Cape Thomas to ignore his recurring vision of a beautiful woman and a swaddled baby. On a rare sober day he begins a search through college yearbooks and yellowed courthouse records in hopes of finding her. An unrecorded codicil suggests their one union was fruitful and reveals a possible heir to an old-moneyed family used to scammers making claims against its estate. After run-ins with bankers, lawyers, in-laws, outlaws and others, Cape begins to put the puzzle pieces together. The new novel by Goldsboro resident Ted Miller Brogden is set in Greenville, Goldsboro, Kinston and Wilmington areas. Published by M E Publishing in Beaufort, S.C. Softcover, 340 pages, \$15.95.

(800) 843-2665

www.amazon.com

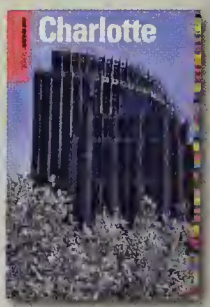


Insider's Guide to Charlotte

This comprehensive, updated guide lists a slew of attractions, restaurants and accommodations in North Carolina's "Queen City." Written by longtime Charlottean Craig Distl, the guide provides a personal and practical perspective for travelers as well as residents. The book covers shopping, arts and entertainment and also specific and fun children's activities. Along the way, readers will learn about the area's cultural history and other opportunities for urban adventure. Softcover, 320 pages, \$18.95. Published by Insider's Guide, an imprint of Globe Pequot Press in Guilford, Conn.

(203) 458-4500

www.globepequot.com



Old North State

This new CD from The Red Clay Ramblers pays tribute to North Carolina and its tune-ful history through toe-tapping songs. Its 13 tracks include "The Old North State Ramble," "Stone Mountain Wobble," "Dinah," "The North Carolina State Toast and Breakdown," "Moses Grandy," and "It's Hard to be Good Without You." Now in its 38th year, this Tony Award-winning North Carolina string band makes music that reflects its roots in old-time mountain music, as well as bluegrass, country, rock, New Orleans jazz, gospel and the American musical. Members who played on the CD are Clay Buckner, Chris Frank, Rick Good, Jack Herrick, Rob Ladd and Bland Simpson. Additional vocals include those by Don Dixon and Lynn Davis. Recorded at Snappy Studios in Chapel Hill, the CD sells for \$10.

(800) 672-6789
www.redclayramblers.com

Hellos, Goodbyes & Butterflies

The new album from songwriter, vocalist and instrumentalist Donna Hughes doesn't fall into a single genre category. Its 15 songs offer a mix of country, bluegrass and other musical genres, along with Hughes' sweet, low, emotive voice. Tracks, almost all of which she wrote, include "Cut Your losses," "Dr. Jekyll," "Butterfly," "If I Had You," "Blackbeard" and "Better Apart." Hughes, who grew up in Trinity in Randolph County, was nominated for Country Female Vocalist of the Year by the Carolina Music Awards in 2010. The CD, her fourth, was recorded at Rounder Records in Burlington, Mass., and sells for \$14.13. The MP3 album price is \$9.49.

www.amazon.com (CD & MP3)

Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail editor@carolinacountry.com with a description and clear, color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle mail orders.



JOIN OTHER FARMERS
ON AUGUST 18, 2011
IRELAND

12 DAYS FROM
\$1658*
*Per Person based on double occupancy. Airfare is extra.
Call for Information & Itinerary:
800-888-8204

Treat yourself to a real gem of a trip and visit the farming land of the "Emerald Isle" - Ireland! See traditional Irish farms in action when you visit Kissane Sheep Farm, Ballard Organic Farm, and see the exciting Enniskillen Livestock Mart in action. Also, explore the Irish agriculture with a visit to the Irish Agricultural Museum and Irish National Stud. Witness the awe-inspiring 700-foot high Cliffs of Moher. See Blarney Castle, the Waterford Crystal Factory Visitor Centre, and explore some of Ireland's most intriguing cities, including Dublin, Galway, and Belfast. With so much to experience on this 12-day Isle adventure, Ireland's local farms and unparalleled beauty is sure to make for an exceptional collection of treasured memories.

American General Life
Introduces
Affordable Life Insurance
The Best Idea For ... Personal Insurance - Business Insurance - Mortgage Protection

NON-TOBACCO MONTHLY RATES													
Issue Age	\$100,000		\$250,000		\$500,000		Issue Age	\$100,000		\$250,000		\$500,000	
	Male	Female	Male	Female	Male	Female		Male	Female	Male	Female	Male	Female
30	11.90	11.55	13.69	11.73	20.91	17.41	50	19.69	17.76	34.04	28.57	60.29	51.10
31	11.90	11.55	13.91	11.94	20.91	17.85	51	21.09	18.99	36.66	30.32	65.54	54.16
32	11.99	11.64	14.35	12.16	20.91	18.29	52	22.66	20.30	39.73	32.07	71.23	57.23
33	11.99	11.64	14.57	12.38	21.35	18.73	53	24.59	21.96	43.23	34.48	78.23	61.16
34	11.99	11.64	15.01	12.60	21.35	19.16	54	26.60	23.71	47.16	36.88	86.10	65.54
35	12.08	11.73	15.44	12.82	21.35	19.60	55	28.88	25.73	51.54	39.73	94.41	70.35
36	12.16	11.81	16.10	13.48	22.23	20.48	56	30.98	27.04	56.13	43.01	103.16	77.35
37	12.25	11.99	16.54	14.13	23.54	21.35	57	33.34	28.44	61.38	46.73	113.66	85.23
38	12.34	12.08	17.41	15.01	24.85	22.66	58	36.23	30.19	67.94	51.32	125.91	95.29
39	12.43	12.25	18.29	15.88	26.60	24.41	59	39.29	32.11	74.73	56.13	139.04	105.35
40	12.51	12.43	19.16	16.98	28.35	25.73	60	42.70	34.21	82.38	61.60	153.91	117.16
41	13.21	12.86	19.82	17.63	30.10	27.04	61	46.90	37.19	90.91	69.04	170.98	128.10
42	13.91	13.30	20.48	18.29	32.29	28.79	62	51.54	40.51	100.54	77.35	190.66	140.79
43	14.88	13.91	21.57	19.16	34.91	30.98	63	57.40	44.71	112.57	87.85	214.29	156.54
44	15.84	14.53	22.44	20.04	37.98	33.16	64	63.53	49.09	125.04	98.79	239.66	172.73
45	16.89	15.23	23.54	21.13	41.04	35.35	65	70.44	53.99	139.26	111.04	268.10	191.10
46	17.33	15.58	25.07	22.23	44.10	37.54	66	78.40	58.36	153.91	119.13	297.85	210.79
47	17.76	16.01	26.82	23.54	47.16	40.60	67	87.41	63.26	170.54	128.32	331.54	233.10
48	18.38	16.54	29.01	25.07	51.10	43.66	68	98.53	69.30	191.10	139.48	373.54	260.66
49	18.99	17.15	31.41	26.82	55.48	47.16	69	110.25	75.69	212.54	151.51	417.29	289.54

Premiums illustrated represent 10 year level term insurance with guaranteed level premiums for 10 years. \$100,000 - \$500,000 rates are Select-A-Term [policy form no. 07007] Preferred Non-tobacco. This coverage features a level death benefit with fully guaranteed level premiums for the first 10 years with coverage to expire at age 95. The policy may be continued on Annual Renewable Term at the end of the level premium period without evidence of insurability until the anniversary nearest the insured's 95th birthday. The underwriting risks, financial and contractual obligations and support functions associated with products issued by American General Life Insurance Company (AGL) are its responsibility. AGL does not solicit business in the state of New York. Policies and riders not available in all states. Premium rates current as of December 2010; rates may vary by state. Premiums available for other rate classes, ages and payment plans. Premium charges depend on evidence of insurability. Premiums increase at the end of the guaranteed term if policy is renewed. Death benefit remains level. The policy may be contested for two years from the date of issue for material misstatements or omissions on the application. Death benefit is limited to return of premium paid in the event of suicide within first two years. Rates subject to change. Standard Marketing Services represents AGL and other fine insurance companies.

Application Request Form The information you provide will be kept in strict confidence.	Clip and Mail to:
NAME _____	Delia Foley
ADDRESS _____	42 Wayside Drive
CITY _____ STATE _____ ZIP _____	White Plains, NY 10607
DATE OF BIRTH _____ <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	
AMT. OF INS. DESIRED _____	
HOME PH# _____ WORK PH# _____	
BENEFICIARY _____ AGE _____	
SIGNATURE _____	
The best time to call me is: (<input type="checkbox"/> Home or <input type="checkbox"/> Work)	
<input type="checkbox"/> 8-10 am <input type="checkbox"/> 10-12 <input type="checkbox"/> 12-2pm <input type="checkbox"/> 2-4 <input type="checkbox"/> 4-6 <input type="checkbox"/> 6-8 <input type="checkbox"/> 8-9	
I wish to pay my premiums: <input type="checkbox"/> Annually <input type="checkbox"/> Monthly Bank Draft	
ADDITIONAL APPLICATION REQUESTED FOR:	
NAME _____	
DATE OF BIRTH _____ <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	
AMT. OF INS. DESIRED _____	
	Call Toll-Free For More Information: (888) 484-8826
	For Priority Service - Fax: (914) 347-3173
	MS1-B079-Select A Term 12.2010



Bob Timberlake, Inc.

Getting To Know... Bob Timberlake

Born: In Salisbury on January 22, 1937

Known for: Acclaimed realist painter and furniture designer

Accomplishments:

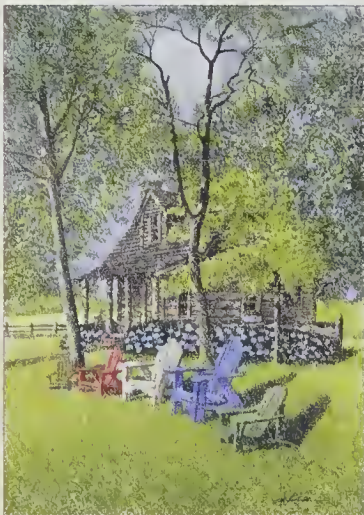
Bob Timberlake began painting as a child. After graduating with a B.S. degree in Industrial Relations from UNC at Chapel Hill, he worked in family businesses. Although he had no formal art training, his first solo exhibition in 1970 in Winston-Salem sold out. Timberlake, who excels in rural landscapes, has since exhibited successfully at New York City's Hammer Galleries, among others. In 1990, Timberlake launched Bob Timberlake, Inc., with The World of Bob Timberlake® collection



"Grandfather Mountain" Bob Timberlake 2010

of furniture. The company has added other products such as apparel. In 1997, Timberlake introduced a collection of home plans. Also in 1997, he opened a 15,000 square-foot retail gallery in Lexington and a second gallery followed in 2001 in Blowing Rock. Bob Timberlake has insisted his award-winning furniture line be produced domestically, especially in the area where he grew up. His books include cookbooks and an autobiography. He has supported fundraising for Keep America & N.C. Beautiful and Green, Cystic Fibrosis, Boy Scouts of America, Duke Cancer Research and Children's Hospitals, Save The Hatteras Lighthouse and others. His awards include the Albert Schweitzer Medal for Artistry, the American Forestry Lifetime Award and the Governor's "Order of the Long Leaf Pine." Timberlake lives with his wife, Kay, in Lexington. They have three children and seven grandchildren.

"Summer Moon" Bob Timberlake 2010



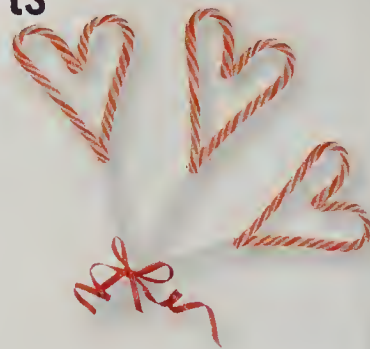
Candy cane hearts

This Valentine's Day project is a great way to use up your holiday candy canes and make pretty party favors! You'll need:

- Candy canes (unwrapped)
- Waxed paper
- Lollipop or cookie sticks (found in craft stores)
- Butter knife
- Red and white ribbon
- Scissors

Preheat oven to 250 degrees.

Place the candy canes in as many "heart-sets" as you like on a baking sheet lined with waxed paper. Bake for 4–5 minutes (keep an eye through oven window to make



sure hearts only melt slightly). Take baking sheet out of oven, then press a stick into the bottom of each heart. Use a butter knife to pinch the gooey candy cane around to cover where each stick joins each heart. Once completely cool, remove hearts and decorate them with ribbon.

tar heel lessons

a guide to NC for teachers and students

Learning about Harriet Jacobs

Harriet Ann Jacobs was a fugitive slave, activist and author. Historic Edenton's Visitor Center has an interesting exhibit about Jacobs and offers walking tours about her life. The self-guided tour brochure points to the former site of Molly Horniblow's home, where



Harriet stayed in hiding for nearly seven years; the Chowan County Jail, where her children and family members were imprisoned for a short time; and Edenton Harbor Bay, the route for Harriet's escape north. Also, for a fee, the center hosts guided walking tours of the



sites for student groups (reservations required). Jacobs' 1861 autobiography, "Incidents in the Life of a Slave Girl, Written by Herself," can be purchased at the center for \$16.95. Call (252) 482-2637 or visit www.visitedenton.com to learn more.



Edenton-Chowan County Tourism Development Authority

Arco Steel Buildings

1-800-241-8339

24 x 36 x 10	\$ 5,962
40 x 60 x 10	\$ 9,566
60 x 75 x 10	\$15,591
100 x 75 x 12 w/column	\$26,839
20 x 100 x 8'6" Mini Warehouse	\$ 7,934

ALL SIZES AVAILABLE!

www.arcosteel.com

30 Years

Arco Building Systems, Inc.

(FOB PLANT - LOCAL CODES MAY AFFECT PRICES)

Bare to Compare...BUILDING SALE EVENT!



Clearance Prices

50% OFF accessories

MANY MODELS & SIZES AVAILABLE!

25 X 40 X 16	value \$10,200	NOW \$ 7,990
32 X 42 X 17	value \$12,500	NOW \$ 9,800
50 X 120 X 22	value \$49,900	NOW \$38,700

Compare our prices and our quality. We're all for it! Tough, rugged buildings that last! Heavy gauge AZ60 Galvalume steel. Totally maintenance free!

PIONEER 800-668-5422
PIONEERSTEEL.COM 30 YEAR REPUTATION...BUILT OF STEEL



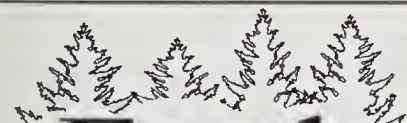
KENTUCKY BUILDINGS LLC

We are the Manufacturer!
Factory Direct Discounts!

FREE CATALOGUE
1-606-668-3446
www.kybuildings.net



50 Year All Steel • 35 Year Deluxe Color Roof & Trims • 2/12 & 4/12 Models
Farm • Church • Sports • Horse • Car • Plane • Home



Earth Outdoor Wood Furnaces

Psalm 12:6,7

STARTING AT \$3,995

For more information or a FREE DVD call...



417-746-0043

WWW.EARTHWOODFURNACE.COM

Steel Mobile Home Roofing

roofover.com 800.633.8969

PERMA-ROOF
from Southern Builders

Insurance credit

Expert installation

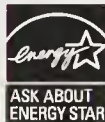
Increase the value of your home

Energy Star Certified

Cut your electric bill

Stop leaks

LIFETIME WARRANTY



Since 1983

The Biggest Sales Event of the Year is Back



Morton's Building Value Days Event

Now through the end of February, get special discount pricing on a new Morton building. As America's leader in post-frame construction and in business for over 100 years, we offer a wide range of building options to ensure you get the building you want and need.

Open House Event
Feb. 10-12, 2011
from 8 a.m.-6 p.m.

For details, call or visit us online:
800-447-7436 • mortonbuildings.com



MORTON BUILDINGS

© 2011 Morton Buildings, Inc. All rights reserved.
A listing of GC licenses available at mortonbuildings.com/licenses.aspx
Gifts available while supplies last. Certain restrictions apply. Reference Code 082

A SPECIAL ADVERTISEMENT FOR HOME OWNERS EQUISOURCE CAN HELP BALANCE YOUR BUDGET



EquiSource
HOME MORTGAGE CORPORATION

Real People...Real Results

1.800.372.2570
www.equisourcehome.com

WOW! 3.75%

No Upfront fees • Refinance • Debt Consolidation

Home Improvement • Not So Perfect Credit • Previous Bankruptcy OK

Second Homes OK • Refi Double Wide/Lands

SAMPLE LOAN	PAYMENT*	TERM*	RATE*	APR*
\$75,000	\$385.60	30 YR. Fixed	4.62%	4.85%
\$125,000	\$1,013.37	30 YR. Fixed	4.62%	4.81%
\$200,000	\$1,013.37	30 YR. Fixed	4.50%	4.66%
\$75,000	\$554.77	15 YR. Fixed	4.00%	4.39%
\$125,000	\$916.80	15 YR. Fixed	3.875%	4.25%
\$200,000	\$1442.07	15 YR. Fixed	3.75%	3.90%

Conforming loan examples for 75%, rate/term, refinance transactions and 720 preferred score. Rates are fixed! All products allow principle payments at any time without penalty. Other rates, terms, and products available. Call about Cash Out, Debt Consolidation, Double Wides with land, FHA to 96.5%, ARM & Jump loans, Farmer Bankruptcy, etc. Ask about our 20 and 10 year terms.

Rates, fees & terms subject to market changes. Certain restrictions apply

Applications Taken 24 Hours a Day 7 days a Week!

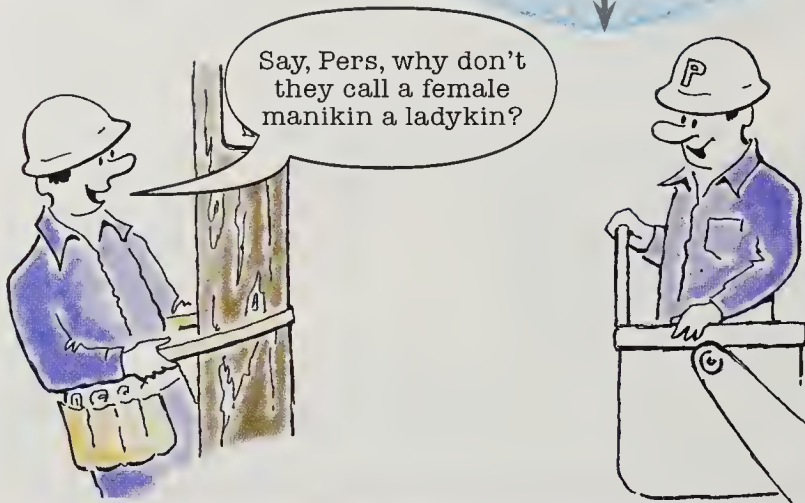
Divide and Conquer

Solve this division problem and write your answer on the box tops. Then match boxes to find a word in your answer.

									S

3	4	2	8	5	7	1	1	0	8
D	L	O	C	K	A	B	B	I	C

PERCY P. CASSIDY POLES \updownarrow APART



WHAT'S IN A WORD?

Without rearranging the remaining letters, eight more words can be found in **STARTLING** when eight letters are removed from it, one at a time. Can you list them?

NUMEROLOGY?

The reverse of the square of a dozen is the square of the reverse of a dozen. Explain this in one sentence.

FACTS & FIGURES

It is interesting that the square of the reverse of 13 is the reverse of the square of 13. And the square of 13+1 is...? Check it out.

Re: simile

How smart is a whip?

No thought comes to mind...

For answers, please see page 39

© 2011 Charles Joyner

MATCHBOXES

O	1	2	3	4	5	6	7	8
E	O	N	P	T	H	L	U	D

O	D	E	U	N		N	H	D	L	T
								</		

Each digit in the box above stands for the letter below it. Match the digits to the letters to create two multiplication problems. Solve the problems and write your answers in the box tops, one digit to each box. Then match boxes again to find the name of North Carolina's State Dog in your answers.



Church Furniture Sale!

HALF PRICE PULPIT FURNITURE

Church Chairs • Church Pools

1-800-639-7397

www.ChurchFurnitureStore.com



CHOIR ROBES

EXPERT TAILORING **\$35⁹⁵ & UP**

Finest fabrics including permanent press and wash & wear. Superior quality. Free color catalog and fabric swatches on request.

GUARANTEED SATISFACTION

Call Toll Free: 1-800-826-8612

REGENCY
CAP & GOWN CO.
www.rcgown.com

P.O. Box 8988-N Jacksonville, FL 32211

Affordable Steel Buildings



- NC Owned and Operated
- Farm Buildings
- Garages
- Workshops
- 100% Usable Space
- Durable
- DIY Construction

Great Deals Available!
Ask us about
Demos, Repos and More!

1-800-222-6335

www.usbuildingsdirect.com **U.S. Buildings**

LOWEST COST Term Life Insurance

Issue ages through 90

AGE	\$100,000	\$250,000
45	12.78	22.75
55	16.19	31.28
65	31.06	68.47

Rates figured on monthly cost for female non-tobacco users

BRANDON RAMLET
(888) 250-5054

TALIC FORM NO. 1-32207-198



Smooth Out Rough Roads with the DR® POWER GRADER!

Here's what makes the DR® POWER GRADER the fastest, easiest, and simply the best do-it-yourself driveway grooming solution ever:

PATENTED DESIGN enables you to loosen and regrade enormous amounts of material with minimal power.

POWERED ACTUATOR allows you to control grading depth from your towing vehicle with a remote control.

CARBIDE-TIPPED SCARIFYING TEETH loosen the hardest composite surfaces.

FILLS IN POTHOLEs and wash-outs, and smoothes washboard on gravel, limestone, dirt, or sand roads without hauling in new material, shoveling, or raking.



Call for a **FREE DVD & Catalog!**

TOLL FREE **1-888-212-8789**

www.DRpowergrader.com



70776X © 2011

Solutions for Today. Benefits for Life.

**100% Financing
No Money Down
Free Estimates**



By 2030, our nation's electricity demands will be 45% greater than today and the cost for many will be beyond reach.

Metal roofing & spray foam insulation are the perfect choice for both renovation and new home construction:

- Energy Efficient
- Durable
- Flame Retardant
- Withstands High Winds
- Environmentally Friendly
- Wide Variety of Styles & Colors
- Reduce Energy Costs as Much as 50%



Toll Free: **800-505-3241**

Serving All of North and South Carolina

AffordableMetalRoofingCarolinas.com

February Events



Emmy Award-winning writer Mo Willems joins Grammy Award-winning composer Michael Silversher to celebrate the heart and heartache that can only come from a family visit to the local Laundromat in "Knuffle Bunny: A Cautionary Musical." The play, based on Willems' beloved picture book, is set for Fri., Jan. 18, on ECU's campus in Greenville. Ages 4 and up. Call (252) 329-4200 or visit www.ecu.edu.

ONGOING

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Street Dance
Monday nights
Hendersonville
(828) 693-9708
www.historichendersonville.org

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights
Midway
(910) 948-4897
www.liveatclydes.com

"Out of the Blue: Coast Guard Aviation"
Feb. 1-Jan. 31, 2013
(252) 331-4047
www.museumofthealbemarle.com

"Our Story"
Albemarle region artifacts
Through Dec. 31, 2014
Elizabeth City
(252) 331-4047
www.museumofthealbemarle.com

"Emissaries of Peace: The 1762 Cherokee & British Delegations"
Through May 15, Asheville
(828) 665-2492
www.ncarboretum.org

"Motoring the Blue Ridge Parkway"
Through June, Maggie Valley
(828) 926-6266
www.wheelsthroughtime.com

3 | THURS.

"The Dixie Swim Club"
Comedy
Feb. 3-13, Rockingham
(910) 997-3765
www.richmondcommunitytheater.com

4 | FRI.

"Who Murdered The Pinkerton Man?"
Comic Civil War mystery
Feb. 4-5, New Bern
(252) 229-4977
<http://athensmysterydinners.yolasite.com>

Chocolate Festival
Feb. 4-6, Morehead City
(850) 668-2222
www.carolinachocolatefestival.com

Unnatural Resources Fair
Feb. 4-6, Greenville
(252) 329-4200
www.unnaturalresources.org

5 | SAT.

Jewelry Fest Day
Rutherfordton
(828) 287-6113
www.rcvag.com

Beast of the East Soccer Tournament
Feb. 5-6, Greenville
(252) 329-4200

Farmers' Market
Feb. 5 & 19, Wake Forest
(919) 556-2284
www.wakeforestmarket.org

6 | SUN.

Atlanta Brassworks Concert
Top brass quintets in America
Murphy
(828) 389-2595

Valentine Membership Drive Party
Beaufort
(252) 728-5225
www.beauforthistoricsite.org

10 | THURS.

Science of Wine
Life & Science Museum
Durham
(919) 220-5429
www.ncmls.org

Wine, Women & Chocolate
Evening festivities downtown
Roxboro
(336) 599-8333
www.roxboronc.com

Opole, National Philharmonic of Poland
Concert
Greenville
(252) 329-4200
www.ecu.edu

11 | FRI.

Chamber Orchestra Kremlin
Spindale
(828) 287-6113
www.foundationshows.org

Art After Hours
Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

St. Cecilia & University
Chorale Concert
Greenville
(252) 329-4200
www.ecu.edu

"The Call Of The Drums"
Troupe bellydance
Kenansville
(910) 874-0392

Valentine Dinner Theater
Belvidere
(252) 297-2347
www.theonlyplace.com

"Waiting To Be Invited"

Drama, comedy
Feb. 11-12, Greenville
(252) 329-4200
www.aydencommunitytheatre.com

12 | SAT.

Annual Oyster Feast
Stumpy Point
(252) 473-5869
www.bayviewchapel.com

ECU Symphony Orchestra
Greenville
(252) 329-4200
www.ecu.edu

Civil War Living History
Elizabeth City
(252) 331-4047
www.museumofthealbemarle.com

"An Evening of Love and Romance"
Concert
Hamlet
(910) 410-1691

17 | THURS.

Carolina Gospel
Kingdom Heirs and Southern Sounds
Quartet
Rutherfordton
(828) 287-6113
www.carolinagospel.com

"Aladdin"
Feb. 17-18, Fayetteville
(910) 483-5311
www.visitfayettevillenc.com

"Hats!"
Musical inspired by Red Hat Society
Feb. 17-27, New Bern
(252) 638-2577
www.rivertownerepertoryplayers.net

18 | FRI.

Speaker Judy McMahan
Women Together
Spindale
(828) 287-6113
www.RHfoundation@rutherfordhosp.org

"Knuffle Bunny: A Cautionary Musical"
Greenville
(252) 329-4200
www.ecu.edu

19 | SAT.

Firepower Program
Learn about the Battleship's guns
Wilmington
(910) 251-5797
www.battleshipnc.com

20 | SUN.

Bridal Expo
Greenville
(252) 329-4200

23 | WED.

Dayton Contemporary
Dance Company
Greenville
(252) 329-4200
www.ecu.edu/srapes

24 | THURS.

"25th Annual Putnam
County Spelling Bee"
Musical comedy
Feb. 24–Mar. 1, Greenville
(252) 328-6829
www.ECUARTS.com

26 | SAT.

"Patterns in Paint"
Making 18th-century paper
Old Salem
Winston Salem
(800) 441-5305

Motown Concert
Greenville
(252) 329-4200
www.ecuarts.com

Celebration
Moore's Creek National Battlefield
Currie
(910) 283-5591

28 | MON.

QSO Party Azalea Coast Amateur
Radio Club
Wilmington
(910) 367-1758
www.battleshipnc.com

Listing Information

Deadlines:
For April: Feb. 24
For May: March 24

Submit Listings Online:
Visit www.carolinacountry.com and
click "See NC" to add your event to
the magazine and/or our website. Or
e-mail events@carolinacountry.com.



www.carolinacountry.com



CAROLINA COUNTRY adventures

Day Trip

Morganton and Valdese

Set against the Blue Ridge Mountains in Burke County, Morganton sports an appealing, outdoorsy quality. Cyclists

pedal about on progressive bike lanes downtown and through the scenic Catawba River Greenway Park, a true gem with canoe launches, multilevel observation decks, pedestrian bridges, fishing piers and restrooms. The greenway also borders Catawba Meadows, a 230-acre park with athletic fields, a disc golf course and a zipline. Morganton's interesting stops include High Country Leather and Judges Riverside restaurant. Visitors can also catch live shows at the municipal auditorium or choose among seven movies at an increasingly rare commodity, a downtown multiplex theatre. Head north roughly 50 minutes away to Table Rock Mountain, a unique formation popular with rock climbers that's in the east rim of Linville Gorge. Those who hike the moderate, one-mile trail to its summit see outstanding views of Catawba Valley, Hawksbill Mountain, Shortoff Mountain, Grandfather Mountain and more.

About 15 minutes away is the fascinating town of Valdese. Valdese was settled in 1893 by exiled families traveling from Italy looking for religious freedom and economic prosperity. The town has unique heritage exhibits (see below), the Waldensian Heritage Winery, an outdoor drama and an arts center. You can also play tennis and ogle a rebuilt grist mill and 40-foot falls at McGalliard Falls Park. Like Morganton, Valdese offers intriguing shops, art galleries and free homegrown music Friday evenings in the summertime.

Three top spots:

Sam Ervin library: Sen. Sam Ervin deeply affected American history by helping to bring down two powerful and later discredited men: Sen. Joe McCarthy in 1954 and President Richard M. Nixon in 1974. Located at Western Piedmont Community College's library in Morganton, the Ervin library is a replica of the late senator's home library. Visitors learn about what made this slyly humorous attorney tick by viewing a nearly 10,000-item collection of documents, photos and other memorabilia, along with a biographical film that emphasizes the Watergate Era. In case someone is bored by law and politics, a new exhibit features Washington social life memorabilia. There's also more than 350 Mark Twain-related books as well as collectibles courtesy of the senator's sister, a Twain scholar.

Admission is free. Open weekdays from 8 a.m. to 5 p.m. (828) 448-6195 or www.samervinlibrary.org.

Lake James State Park: The park's main entrance is on NC Hwy 126, roughly 20 minutes from Morganton. Tucked into rolling hills, this pretty lake, one of North Carolina's cleanest, offers beautiful views and contemporary facilities. Activities include swimming, fishing, hiking, canoe rentals and ranger tours. For camping, there are 20 back-pack sites with two handicapped accessible sites at the bathhouse. (828) 652-5047 or www.ncparks.gov/Visit/parks/laja/main.php.

Waldensian Trail of Faith: This inspiring, guided tour of 2,000 years of Waldensian history in Valdese offers 15 open-air exhibits and scaled replicas of buildings, including the Church of the Cave, tracing the sect's religious heritage. Reservations required. (800) 635-4778 or www.waldensiantrailoffaith.org.

—Karen Olson House



A view of Table Rock, west of Morganton.

Learn of other nearby adventures and events:

(800) 462-2921
www.discoverburkecounty.com

Inspect ductwork before cleaning HVAC system

Today's more energy efficient, airtight houses can have worse indoor air quality than outdoor air, and many people wonder if they should have their house's air ducts cleaned.

There are many sources of indoor pollutants, including cleaning, cooking and outgassing synthetic materials. Many can be removed from indoor air with a combination of whole-house, furnace-mounted air cleaners and smaller individual room air cleaners.

According to the U.S. Environmental Protection Agency (EPA), much of the dust in heating and air-conditioning ducts tends to adhere to the duct surface, and it never gets into the indoor air circulating throughout the house. Just because you see dust collecting on the grill over air registers does not necessarily mean ducts are very dirty and need to be cleaned.

Other than just a benign, fine layer of household dust inside of the ducts, there can be some potentially harmful particles inside them. Especially in humid areas, mold spores inside the ducts can cause serious allergic reactions in some people.

Bacteria can also live in some ducts. Very fine particles, from cigarettes or wood-burning fireplaces, can become airborne and cause respiratory problems. Test kits are available to take a dust sample from inside ducts to have the sample tested for mold and other potentially harmful contaminants.

HVAC system cleaning

Although it is commonly referred to as "duct cleaning," if you choose to have it done, it is important to have the entire HVAC (heating, ventilation and air conditioning) system cleaned. This includes the furnace and air-conditioner blower, heat exchanger/coils and drain pans in addition to the ductwork. Air conditioner evaporator coils can collect a lot of dirt because they get damp when the unit is running, and dust in the air sticks to the wet surfaces. This reduces energy efficiency.

If the contractor who services your HVAC system also does duct cleaning, you may get a discount by having the service and cleaning done at the same time. The typical cost for a complete cleaning ranges from about \$500 to \$1,000, depending on your home's size and its duct system's complexity.

It's a good idea to have the duct system inspected before going to the full expense of a cleaning. Look for a company that will deduct the inspection cost from the total

Have a question for Jim?

Send inquiries to:
James Dulley, Carolina Country,
6906 Royalgreen Dr.,
Cincinnati, OH 45244
www.dulley.com




A long vacuum hose is inserted into the wall return duct. It is connected to an indoor vacuum unit with a HEPA exhaust filter.

project cost should you choose to have it cleaned. Technicians conduct the inspection by looking into ducts and the furnace blower unit and using mirrors at bends. They can also move a mini-television camera through the ducts.

Comparing companies

When selecting a duct-cleaning company, its reputation is highly important. Always check references with past customers. The National Air Duct Cleaning Association (NADCA) is the trade group that certifies HVAC system cleaning contractors. For a company to be certified, it must have a Certified Specialist on staff. To find a national listing of certified companies, visit www.nadca.com.

Ask about the type of cleaning equipment the company uses. If an indoor vacuum unit is used, it must have a high efficiency particulate arrestance (HEPA) filter on the exhaust to trap all the particles. Another option is an outdoor truck with a built-in vacuum unit and a long hose. Some companies may suggest spraying a chemical biocide inside the ducts to kill mold and bacteria and to keep them from growing in the future. If you have this done, make sure the company uses EPA approved chemicals designated for sheet metal ducts. 

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

31x31=961 13x13=169 14x14=196
FACTS & FIGURES

144(12 x 12)reversed is 441(the square of 21 (the reverse of 12)).

NUMEROLOGY

starting string starting string in I

WHAT'S IN A WORD?

3 6 1 4 4 5 1 7 2 8
P L O T T H O U N D

MATCHBOXES

1 4 2 8 5 7 0 3 6
B L O C K A I D S

DIVIDE AND CONQUER

JOYNER'S CORNER ANSWERS:

MOBILE HOME EXTERIORS



- Steel & Rubber Roofing Systems Available
- Insulated Roofing Systems
- Premium Vinyl Siding
- Vinyl Replacement Tilt-in Windows
- Financing Available W.A.C.



For a FREE No Obligation Estimate Call:

1-800-849-5715

www.MobileHomeExteriors.com

RENEGADE

1.877.363.4233

STEEL BUILDINGS, INC.



• All sizes avail. • 25 yr. warranty

Built Strong . . . Renegade Strong
Call Today!

renegadebuildings.com



*FINANCING AVAILABLE WAC

\$9,995

(Payments as low as \$169 per month*)

30X50X10

Painted Enclosed

HORSE BARN • GARAGES • STORAGE BUILDINGS • HAY BARN

Ask about our do-it-yourself materials kits.



- Hurricane Upgrade E of I-95
- Fully Insured
- #1 Metal
- 4/12 roof pitch
- Engineered trusses
- Custom Sizes Available
- Local Codes & Freight May Affect Prices

1-888-427-BARN (2276)

www.nationalbarn.com NC Lic. #52845

LIFETIME mobilehomeroofing.net



1.800.893.1242



She's not married... to a steel building company. Are you?

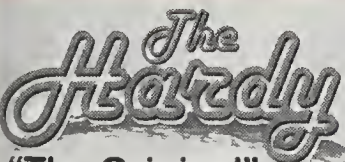
A National Leader In Steel Buildings...
www.premierbuildings.com



PREMIER
Building Systems, Inc.

"Steel Buildings Any Size."

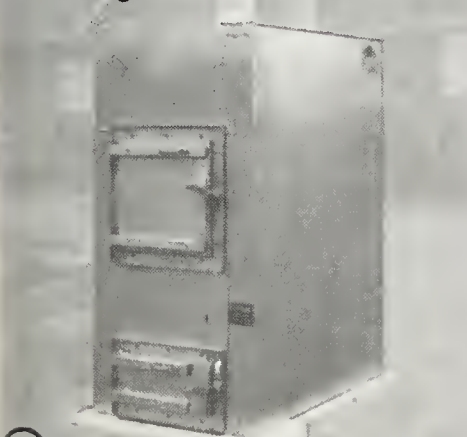
1.800.882.5150



"The Original"

OUTSIDE WOODBURNING FURNACE "Since 1976"

- 25-Year Warranty
- All Stainless Steel
- Adapts to all types of heating systems
- 100% heat and domestic hot water
- Sold in North Carolina over 30 years
- Call for more information and customer list in your area
- Financing Available



GERRARD AIR COMFORT, LLC
P.O. Box 10591 GOLDSBORO, NC 27532

1-800-272-8500

Your Ugly Nail Fungus Can Be Gone!



"Dear Jim Long. This product is amazing!!! I've had toe nail fungus on my big toe for about 20 years. My nail was thick, yellow and until I found your product I thought I was destined to have a thick yellow toe nail forever. I also had cracked heels and athletes foot. Both have cleared up dramatically. Thank you so much for such a wonderful product." ...Cathy G., Ohio

If you want a safe, natural way to be rid of ugly nail fungus, our formula works...

GUARANTEED!

Send \$14.95 to: **Herbal Nail Fungus Soak**

Questions?
Check our Q & A button, on the Nail Fungus page of our website.



Long Creek Herbs
P.O. Box 127-N
Blue Eye, Missouri 65611
417-779-4009

Long Creek Herbs

www.LongCreekHerbs.com

(Phones answered Mon. - Fri. 8 - 5 Central)

Major Credit Cards & PayPal Accepted

Setting your heat pump thermostat for day and night

Q: I have an electric heat pump to keep my house warm. I have been told that it is better to set the thermostat at one temperature and forget it versus turning it down at night and when I'm not going to be home for several hours. What is the most energy efficient?

A: The short answer is that, in general, you're better off setting the thermostat for your heat pump as low as possible for you to be comfortable and just leave it there. Let me explain, since this doesn't seem logical.

The idea of setting back the thermostat is that you can save money by letting your house get cooler during the day when no one is home or at night when everyone is comfortably covered by grandma's quilts. Keeping the house cooler for extended periods will definitely use less energy.

If you have a heat pump, however, it gets a little more complicated. If you let the house cool down, then when you want to heat it back up, the heat pump by itself may not be able to bring the house up to where you want it in a reasonable amount of time. When this happens, the back-up heat strips come on to help out. Also called "emergency heat" or "auxiliary heat," this back up is essentially a toaster that is installed in the air handler unit.

The toaster (electric resistance coils) puts out a lot of heat quickly and can make the house comfortable. Unfortunately, this uses a lot of electricity, so you will spend a bunch of

In general, a heat pump is the lowest cost heating system in North Carolina, even if you don't set it back.

extra money. You've saved energy, but since the toaster uses a lot more electricity than the heat pump by itself, it will wind up costing you more money.

If you are comfortable with high tech gizmos—

or have a teenager in the house—it may be worth considering installing a programmable thermostat designed specifically for heat pumps. These are programmed to gradually step up



Programmable thermostats for heat pumps can save you money in both winter and summer.

the heat over a long period of time without using the heat strips, and they can save you some money both in the winter and in the summer.

But make sure you have a knowledgeable technician install it and that you are comfortable setting the program and "playing" with it until you get it where it works for you and your family.

If you have a gas or oil furnace, setting the temperature down during the day or at night will save you money, whether you do it automatically with a programmable thermostat or manually. In general, a heat pump is the lowest cost heating system in North Carolina, even if you don't set it back. **H**

Arnie Katz is director of training and senior building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org). Send your home energy questions to editor@carolinacountry.com.

Business Opportunities

NEW! GROW EXPENSIVE PLANTS, 2000% Profit, Earn to \$50,000, Free Information Growbiz, Box 3738-NC2, Cookeville, TN 38502—www.growbiz-abco.com

WATKINS SINCE 1868. Top Ten Home Business. 350 products everyone uses. Free catalog packet. 1-800-352-5213.

EVERYTHING YOU NEED TO START your own Scentsy business. \$99.00 plus tax. www.dixiem.scentsy.us Host-Buy-Join!

EARN \$60,000/YR PART-TIME in livestock or equipment appraisal business. Agricultural background required. Classroom or home study courses available. 800-488-7570. www.amagapraisers.com

Vacation Rental

BEAUTIFUL LOG CABINS close to the Blue Ridge Parkway. www.treasurecovecabins.com or 1-888-627-6037.

BEACH HOUSE, Cherry Grove, SC. 4BR/2B, sleeps 14. 828-478-3208. Request photos: bnagel36@charter.net

VACATION AT OUR PRIVATELY OWNED MOUNTAIN GETAWAYS—overlooking the pristine waters of Helton Creek. Located in the Blue Ridge Mtns. on the NC/VA border (Ashe County/Grayson County). Private hot tubs! Browse photo gallery to choose one of our custom-built Creekside Cabins. www.highmountaincabins.com 800-238-8733.

PIGEON FORGE, TN. CONDO RENTAL. Fully furnished with two bedrooms, two bathrooms, kitchen, living room, hot tub. www.scenicvalleyproperties.com or call 336-657-3528.

OCEAN LAKES, MYRTLE BEACH, 3BR/2BA. Low winter rates. 910-425-5704 or knlsnyder@embarqmail.com

WHITESIDE COVE CABIN, HIGHLAND, NC. 3BR/1BA. whitesidecovecabin@gmail.com Photos available.

Real Estate

GLADE VALLEY/ROARING GAP area. Two lots, 3 & 4.3ac, years round branch, good hunting, near Blue Ridge Parkway. One lot perked, \$32,000 & \$29,500. Call 704-871-0834 or jeffslade42@gmail.com

TIME SHARE OCEAN FRONT, North Myrtle beach—2/Bed, 2/Bath, \$2,000. Phone 336-588-7700.

Insurance

FREE QUOTE—New plans for individuals under age 65 with a reputable company. Plans are available with or without co-pays. Choose a plan that is right for you. Visit www.statewideinsure.com or call 1-800-982-8842 for a free quote with all your options. Plans for Medicare beneficiaries are also available.

Gold Maps

FUN, HOW TO PAN. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. WWW.GOLDMAPS.COM

For Sale

BAPTISTRY PAINTINGS—JORDAN RIVER SCENES. Custom Painted. Christian Arts, Goldsboro, NC 1-919-736-4166. www.christian-artworks.com

APPLE TREES—OLD SOUTHERN VARIETIES and modern disease resistant varieties; Free catalog; custom grafting and shipping available. Century Farm Orchards, David C. Vernon, Reidsville, NC. 336-349-5709; www.centuryfarmorchards.com or e-mail: david@centuryfarmorchards.com

USEO PORTABLE SAWMILLS! Buy/Sell. Call Sawmill Exchange 800-459-2148, USA & Canada, www.sawmillexchange.com

LOW MILEAGE ENGINES. BIG SAVINGS! Price includes delivery & 1 year part warranty. Mileage verified. Call Today! 901-266-9996. www.LowMileageEngines.com

STRAW BALES—STRAW AVAILABLE—large or small quantities. 828-413-4089 or www.strawsale.com

A BOOK OF COLLECTED “You Know You’re From Carolina Country If…” submissions from Carolina Country magazine readers. You know you’re from Carolina country if you say “Laud ham mercy!” 96 pages, illustrated, 4 by 5 ½ inches. Only \$7 per book (includes shipping and tax). Call and we’ll send you a form to mail back (919-875-3091) or buy with a credit card at our secure online site at www.carolinacountry.com

“CAROLINA COUNTRY REFLECTIONS” More than 200 photographs showing life in rural North Carolina before 1970. Each picture has a story that goes with it. Hardcover, coffee table book, 160 pages. Only \$35 (includes tax and shipping). Order online www.carolinacountry.com or call 919-875-3091.

Miscellaneous

PLAY GOSPEL SONGS BY EAR! 10 lessons \$12.95. “Learn Gospel Music.” Chording, runs, fills—\$12.95. Both \$24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204.

VEMMA A LIQUID FORMULAR SUPPLEMENT design for children and adults. It’s formulated combination of mangosteen plus provided 12 spectrum vitamins in an antioxidant base with whole fruit magosteen organic glyconutrient aloe vera, decaffeinated organic green tea. Contains over 65 major trace and ultra trace ionic life giving plant source minerals for health and wellness. Information call 704-278-4597. Website: www.culbert1.vemma.com

BECOME AN ORDAINED MINISTER, Correspondence study. Founded in 1988. Luke 17:2, Free information. Ministers for Christ Outreach, 7549 West Cactus, #104-207, Peoria, AZ 85381. www.ordination.org

BLUEGRASS MUSIC! Free catalog. 1-800-473-7773 or www.musicshed.com

DIVORCE MADE EASY. Uncontested, in prison, alien, lost—\$149.00 Phone 417-443-6511, 10am—10pm.

I BUY 000GE/PLYMOUTH MUSCLE CARS. 1966–1972, Roadrunners, GTX, Challengers and Cudas. 336-366-7233.

WORK CLOTHES—Good clean rental type: 6 pants and 6 shirts \$44.95, lined work jackets, \$10.95, denim jeans \$6.00 call 800-233-1853. www.usedworkclothing.com

(SPORTS ILLUSTRATED MAGAZINE), personal magazine cover. Lhall7@ec.rr.com—Mail \$10.00 and photo to 2525 Highway 101, Havelock, NC 28532.

FREE BOOKS/OVOS—SOON THE “MARK” of the beast will be enforced as church and state unite! Let the Bible reveal. The Bible Says, POB 99, Lenoir City, TN 37771 thebiblesaystruth@yahoo.com

VEMMA THE MOST POWERFUL LIQUID ANTIOXIDANT in the world. Formular combination, Mangosteen Plus, organic aloe vera, organic green tea, preservative free. Essential vitamins and minerals formulated to support the health of organs, bones and immune system, an ultra premium dietary supplement for children and adults. 30 day money back guarantee with empty bottle. More information or place order 704-278-4597. www.culbert1.vemma.com or rculbertson@netzero.net

PUT YOUR OLD HOME MOVIES, photos, slides or tapes on DVD. 888-609-9778 or www.transferyuy.com.

The N.C. Association of Electric Cooperatives and its member cooperatives do not necessarily endorse the services and products advertised. Readers are advised to understand fully any agreement or purchase they make.

COSTA RICA
10 Day Tour
All Inclusive

\$995
+ tax & fees

Available at Caravan.com.
Tours of USA, Canada, Panama.
All Priced between \$995 - \$1,295.
#1 in Value. Since 1952.

Caravan.com
Free 28 Page Brochure
Call 1-800-CARAVAN

WHOLESALE VEGETABLE PLANTS
Tomato, pepper, cabbage, eggplant, onion, kale, collard, sweet potato, broccoli, and cauliflower. Hybrid and standard varieties. Write for FREE catalogue.

EVANS PLANT COMPANY
Box 1649, Department 19, Tifton, GA 31793
Phone/Fax 1-229-382-1337
e-mail:evansplant@friendlycity.net
www.evansvegetableplants.com

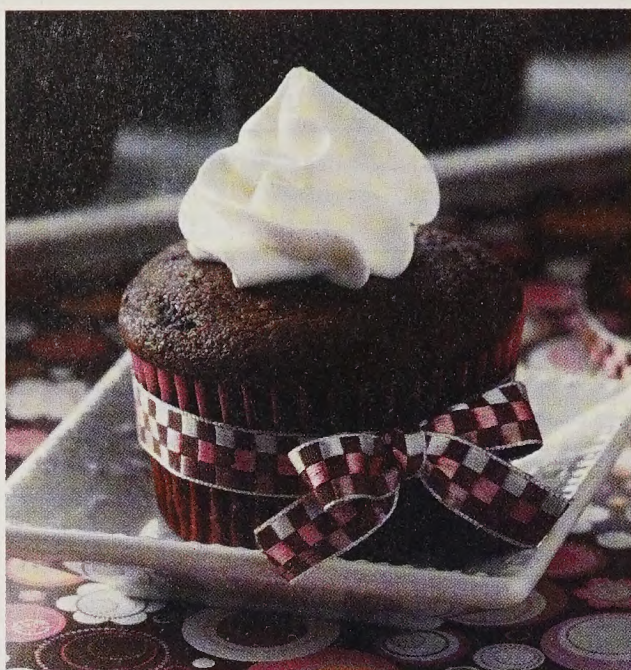
NURSERY STOCK & SEED
GROW HALF DOLLAR SIZE MUSCADINES & BLACKBERRIES, FREE CATALOG.
200 varieties fruit, nut trees, vines & berries.
1-800-733-0324. **ISON'S NURSERY**,
Brooks, Georgia 30205
www.isons.com

AMERICA'S OLDEST & LARGEST RARE BREED HATCHERY
FREE COLOR CATALOG

Over 140 varieties of Baby Chicks, Bantams, Turkeys, Guinea, Peafowl, Game Birds, Waterfowl. Also Eggs, Incubators, Books, Equipment, and Medications.

Call 1-800-456-3280 (24 Hours A Day)

Murray McMurray Hatchery, C 130, Webster City, Iowa 50595-0458
www.mcmurrayhatchery.com



Truffle Chocolate Cupcakes

- 1½ cups semisweet chocolate chips
- ½ cup plus 2 tablespoons sweetened condensed milk
- 1 teaspoon butter
- 2 teaspoons vanilla extract

Cupcakes

- 1 package (18¼ ounces) devil's food cake mix
- 4 eggs
- 1 cup (8 ounces) sour cream
- ¾ cup canola oil
- ½ cup water
- 2 teaspoons vanilla extract
- 1 cup heavy whipping cream, whipped (optional)

For truffles, in a small saucepan, melt the chocolate, milk and butter over low heat; stir until blended. Remove from the heat. Stir in vanilla. Transfer to a small bowl; cover and refrigerate until firm, about 1 hour. Roll into 24 1-inch balls; chill 1 hour longer.

For cupcakes, in a large bowl, combine the cake mix, eggs, sour cream, oil, water and vanilla; beat on low speed for 30 seconds. Beat on medium for 2 minutes.

Fill paper-lined muffin cups one-third full. Drop a truffle into the center of each cupcake. Top with remaining batter. Bake at 350 degrees for 17–22 minutes or until a toothpick inserted in the center comes out clean.

Cool for 10 minutes before removing from pans to wire racks to cool completely. Top with whipped cream if desired.

Yield: 2 dozen



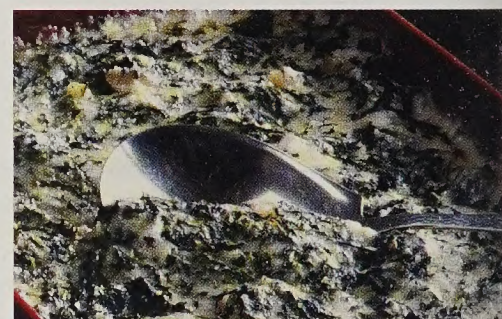
Chicken Saltimbocca

- 6 boneless skinless chicken breast halves
- 6 thin slices deli ham
- 6 slices Swiss cheese
- ¼ cup all-purpose flour
- ¼ cup grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons vegetable oil
- 1 can (10 ¾ ounces) condensed cream of chicken soup, undiluted
- ½ cup dry white wine or chicken broth
- Hot cooked rice

Flatten chicken to ¼ inch thickness. Top each piece with a slice of ham and cheese. Roll up tightly; secure with toothpicks. In a shallow bowl, combine the flour, Parmesan cheese, salt and pepper. Roll chicken in flour mixture; refrigerate for 1 hour.

In a skillet, brown roll-ups in oil on all sides; transfer to a 3-quart slow cooker. Combine the soup and wine or broth; pour over chicken. Cover and cook on low for 4–5 hours or until a meat thermometer reads 170 degrees. Remove roll-ups and stir sauce. Serve with rice.

Yield: 6 servings



Spinach Supreme

- 2 packages (10 ounces each) frozen chopped spinach, thawed and squeezed dry
- 2 cups (8 ounces) shredded Monterey Jack cheese
- 1 can (10¾ ounces) condensed cream of potato soup, undiluted
- 1 cup (8 ounces) sour cream
- ½ cup grated Parmesan cheese

In a large bowl, combine all of the ingredients. Transfer to a greased 11-by-7-by-2-inch baking dish. Bake, uncovered, at 325 degrees for 25–30 minutes or until edges are lightly browned and bubbly.

From Your Kitchen

Honey Bun Cake

- 1 box yellow cake mix
- ¾ cup vegetable oil
- 4 eggs
- 1 cup sour cream

Brown Sugar Mixture:

- 1 cup light brown sugar
- 1 teaspoon cinnamon
- ½ chopped pecans

Icing

- 2 cups confectioner's sugar
- 4 tablespoons milk
- 1 teaspoon vanilla

Mix all ingredients for cake well. Mix brown sugar mixture well. Pour half of the cake batter in 9-by-13-inch greased and floured pan and top with half the brown sugar mixture. Pour remaining batter in pan and top with remaining brown sugar mixture. Take a knife and swirl mixture. Bake at 350 degrees for 40 minutes or until done. Mix icing ingredients and spread over hot cake.

Betty Robbins of Greenville will receive \$25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com



Find more than 500 recipes at www.carolinacountry.com

Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale, WI 53129-0990. Visit the Web site at www.tasteofhome.com.



HD•FREE

FOR LIFE!
(with agreement)

DISH NETWORK® WISHES YOU
A HAPPY NEW YEAR!

REGULAR PRICE
\$39.99

\$24.99

a month
for 12 mo.

OVER
120 CH.
LOCALS
INCLUDED!
(where available)

FREE



2 Room
HD DVR Upgrade
1 HD DVR + 1 SD DVR
(\$6/mo DVR service
fee applies)

FREE

**HBO® &
SHOWTIME®**

18 channels
for 3 mo.
(with agreement)

FREE



Activation
(\$99 Value)

FREE



Up to 6 Room
Installation

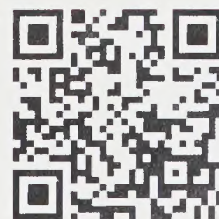
HIGH-SPEED
INTERNET NOW AVAILABLE
STARTING AT \$14.95*

CALL NOW
1.877.494.7807

WWW.INFINITYDISH.COM

WE ARE OPEN 7 DAYS A WEEK 8 AM - MIDNIGHT EST • SUNDAY 9 AM - MIDNIGHT EST
OFFER ONLY GOOD TO NEW DISH SUBSCRIBERS • SE HABLA ESPAÑOL

Scan this
QR Barcode
with your phone
and learn more
about our promos!



Get FREE barcode scanning software at: www.i-nigma.mobi

Digital Home Advantage plan requires 24-month agreement and credit qualification. If service is terminated before the end of agreement, a cancellation fee of \$17.50/month remaining applies. Programming credits apply during first 12 months. Free HD for life of current account; requires Agreement, AutoPay with Paperless Billing. HBO/Showtime offer requires AutoPay with Paperless Billing; credits apply during first 3 months (\$72 value); customer must downgrade or then-current price applies. Requires continuous enrollment in AutoPay and Paperless Billing. Free Standard Professional Installation only. All equipment is leased and must be returned to DISH Network upon cancellation or unreturned equipment fees apply. Limit 6 leased tuners per account; lease upgrade fees apply for select receivers; monthly fees may apply based on type and number of receivers. HD programming requires HD television. HD channel availability will vary based on package. 200 HD channels require subscription to additional packages and VIP® 922 receiver. All prices, packages and programming subject to change without notice. Local channels may not be available in all areas. Offer is subject to the terms of applicable Promotional and Residential Customer Agreements. Additional restrictions may apply. First-time DISH Network customers only. Offer ends 01/31/11. HBO® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME and related marks are registered trademarks of Showtime Networks Inc., a CBS Company. InfinityDISH charges a one-time \$49.95 non-refundable processing fee. Indiana C.P.D. Reg. No. T.S. 10-1006. *Certain restrictions apply. Based on the availability in your area.

ATTENTION!

ELECTRIC COOPERATIVE MEMBERS!

Here's a plan that can provide
CASH TO HELP WITH FINAL EXPENSES

Up to **\$35,000!***

* Selected maximums apply depending on age

Now you can have a life insurance plan to help cover your final expenses –
a plan which pays up to \$35,000 to help your family cover your last expenses – worldwide.

- Protection up to \$35,000
- Benefits begin first day
- Eligible up to age 85
- No physical exam required, based on coverage
- No waiting period
- Proceeds immediately available at death of insured
- Company cannot cancel your plan, reduce your benefits or raise your premium
- Can cost only pennies a day
- Whole Life Insurance Policy 4-790(92)
Underwritten by Standard Life and Casualty Insurance Co

CLIP AND MAIL COUPON TODAY!

MOST HEALTH CONDITIONS ACCEPTED!

Not affiliated with or endorsed by any government agency

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (non-tobacco)	<u>Female</u> (non-tobacco)
5	\$.55	\$.55
15	\$.59	\$.55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

ACT NOW!

Peace of Mind
3700 Forest Drive Suite 205
Columbia, SC 29204

Yes, I would like to know more about peace of mind!

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Telephone _____

MAIL THIS COUPON TODAY TO RECEIVE
FULL DETAILS WITHOUT OBLIGATION

CC 02/11

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

* Does not include \$36 policy fee, minimums may apply